The Cairn

SEPTEMBER 25, 2003 THE STUDENT NEWSPAPER FOR CASTLETON STATE COLLEGE EST. 1960

Road Rage Leads to Student Attack

BY RENEE BISHOP

On August 26, 2003 Castleton sophomore Andrew Young was followed in his car from West Rutland onto campus by a man who then beat Young outside a residence hall until several students intervened. The suspect was able to flee before the police arrived.

It was around 9:10 p.m. when Young was pulling onto the entrance ramp of Route 4 headed towards Castleton. A man driving a white van tried to pull in front of Young's car, but there was not enough space. Once on the interstate the suspect began harassing Young.

"He stayed on my bumper for over 8 miles," said Young. "He kept putting on his high beams." The man, described as being in his mid thirties, tried to get Young to stop his car several times, at one point pulling ahead and getting out of his car. Young swerved around him, but the man caught up with him at the Castleton exit.

At the stop sign the man started hitting Young's car from behind. "I knew I had to get to campus where there would be people," said Young. He drove his car right up in front of Haskell Hall. The man jumped out of his car and began to strangle Young. The man proceeded to punch Young in the face and make several death threats.

"I asked him what I had done. He yelled 'You tried to take my life; I'll take yours,'" Young said.

The man was restrained by students in the area who came to help Young. The man was able to flee, but the police were given his license plate number. The suspect was arrested on Saturday September 6, 2003. Police will not release his name. He is cited to appear in court in October with charges of simple assault and careless negligent operation of a vehicle, Castleton police said.

Young suffered bruises on his lip and back, marks around his neck, and cuts on his eyebrow and forehead. As for feeling safe, Young said he was a little afraid to drive right away, but still feels very safe in Castleton. "There's nothing to really worry about," said Young, "It's still a safe campus. I knew people would help me here."

2003 PHI ETA SIGMA ESSAY CONTEST WINNER

Michael Bonner (left with Phi Eta Sigma President Audra Grady), a juior Psychology major from Orwigsburg, PA was named the winner of the 2003 Phi Eta Sigma Scholarship Essay Contest. Second and third place awards went to junior Amanda Murgido, and senior Sherry Classey, respectively.

Breaking Ground at Castleton

By Lindsay Hale

From the end of October to early November the building process for the new resident hall and fitness center should begin after all the permitting processes are finished. Construction will continue through the winter months on what can be done in cold weather. The project is anticipated to be finished by the beginning of the fall 2004-2005 school year.

The fitness center will be a two story facility consisting of some offices, bathrooms, locker rooms and a whole floor dedicated to fitness machinery. The fitness center will connect to Glenn Brook Gymnasium by a bridge on the right side of the building. Everything in the fitness center will be state of the art and will be open to the community as well as students.

The new residence hall will be connected to the fitness center. It will be five stories tall and it will be a suite style building. Each suite will consist of two bathrooms, four double rooms, a kitchen and a common area. All the rooms will be good sized. There will be four suites per floor except for the first floor.

This project will be built in what is now the Adams parking lot, so the issue of where students are going to park is definitely one on everybody's mind. The answer to this problem is there will be extended parking over by public safety. The physical plant will be putting down gravel and proper drainage pipes to create a new parking lot.

The need for these new facilities is prominent as Castleton's community gets larger every year. This year we are glad to welcome a freshmen class of 600 students. It is the largest class in Castleton history, even though admissions has raised the bar and denied admission to 200 students, which is also a record.

Another project that the school has started is renovating the Fireside Café. This renovation is not only going to make Fireside a more inviting place it will also offer more health food options, such as salads and sandwiches. It is going to make Fireside a more "student friendly" place mentioned President Wolk. There was slight delay early this year on getting the Fireside project started due to the design process which took longer than anticipated. It should be about two months before Fireside reopens for the students use.

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Affirmation Action In the White House

BY TOM CASALE

George W. Bush says he is against using affirmative action in college admissions at the undergraduate level. The President thinks the University of Michigan's point system is unconstitutional. According to Bush, "African-American students and some Hispanic students and Native American students receive 20 points out of a maximum 150. Not because of any academic achievement or life experience, but solely because they are African American, Hispanic or Native American." Oh really Mr. President? And you got into Yale because of your outstanding academic achievement, right?

The irony of Bush being against affirmative action is that he actually used affirmative action to get into Yale way back in 1964. When most people think of affirmative action, they think of a minority, such as an African-American or a Hispanic student, getting a break because of who they are. What is it called when a rich, white kid gets a break because of who they are? If a white student takes the place of a more deserving student because one of their parents went to the same college, isn't that the same thing as a minority student taking that slot? Isn't that affirmative action as well?

Lets take a look at how Bush got into Yale. His high school grades were average. Not horrible, but certainly not Ivy League material. His combined SAT score was 1206. Once again, not bad but how many students get into one of the most prestigious universities in the world with a 1206 SAT score? If most of us applied to Yale with those numbers, we would have received a letter in the mail that started something like, "We appreciate your interest in attending Yale University. However, we regret to inform you...." Bush did not receive one of those letters. He was accepted to Yale for no other reason than his father and grandfather are Yale alumni and because of their status in our society.

So, what is the difference if a deserving student is left out in the cold because an African-American gets a free 20 points on a standardized test or because your father is rich and an alumni of the school? Either way, the more deserving student doesn't get to attend that college. Last year, The Wall Street Journal reported that Harvard accepts 40% of applicants who are children of alumni, compared to 11% of regular applicants. What does that mean? It means you have a 30% better chance to get into Harvard if one of your parents graduated from there. Is that fair? Getting into and graduating from an Ivy League school is a privilege. A Harvard degree opens doors and creates opportunities that most people aren't fortunate enough to get. Shouldn't all applicants get an equal shot at taking advantage of this opportunity? Apparently not. If you want to improve your chances of getting into an Ivy League school, you better hope a member of your family graduated from one.

When people think of affirmative action, they think of race. That is why George Bush isn't associated with affirmative action. To most people, Bush took advantage of status, not race. A further look, however, shows this is not the case. The children of alumni at Ivy League schools are predominately white, so race is a factor. How many of those Harvard applicants are African-American or Hispanic? A very small number of them, that's for certain. When a student gets bumped from a college or university by a white student, no one says a word. Yet, when they are bumped by a minority student, there is a national uproar about it. Whether you agree with the policy of affirmative action or not, there is no denying the fact that just as many rich, white kids are getting accepted to schools and their academic records and SAT scores don't have anything to do with their acceptance. The simple fact is: George W, Bush has never accomplished one single thing in his life, whether it be getting accepted to Yale or owning the Texas Rangers, based on his academic record. The next time President Bush spouts off about people getting something based solely on who they are, someone might want to remind him that he got where he is today because of who he knows, not what he knows.

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RALPH
WHAT IS ALL THIS FOR?
TO TEST A HYPOTHESIS
WHAT HYPOTHESIS?
THAT THE GALAXY IS ROUND
SINCE THE WORLD IS ROUND, AN OBJECT MOVING IN A STRAIGHT LINE WOULD TRAVEL AROUND THE PLANET AND EVENTUALLY RETURN TO ITS ORIGINAL STARTING POINT.
BY LAUNCHING SUBJECT A, KNEADER THE CAT, INTO ORBIT, ASSUMING HE DOES NOT STRAY FROM HIS COURSE, THEORETICALLY HE SHOULD LOOP AROUND THE ENTIRE GALAXY...
...BEFORE RETURNING TO THIS EXACT SAME SPOT FROM THE OPPOSITE DIRECTION
SIGH... NORMAL DOGS JUST CHASE CATS
NORMAL DOGS ALSO DRINK FROM THE TOILET! DO THE MATH!
Jesse DuRona
jdurona@netscape.net
JLD

Is Soundings Diverse Enough?

BY RAY CHARLES

n a town hidden by the greenest of mountains, the bluest of skies, and the closest of communities, exists a school for the students. Castleton State College provides many programs in which students are the only demographic targeted. The Soundings program, which is a liberal arts course, is one of the most celebrated of the afore mentioned programs. Then I asked the question: is Soundings really for the students?

After taking an unofficial poll, I realized that not only myself, but also forty-five students, 30 of which are Freshmen, do not believe that The Soundings program is really for students. Former Castleton Freshman student, Zack Crawford said, "Why can't they have an event that the students put on that counts as a Soundings event?" That's a question that I'd like to have answered as well. Many events take place on the Castleton campus that aren't classified as a Soundings event, but should be.

Did you happen to catch the spring 2003 production of Lysistrata? Did you also catch the April 2003 Senior Project class production of Rumors? Both were very hilarious, but there was a distinct difference in the two productions. Were you aware, those of you that saw Rumors, that it did not count as a Soundings event? When various bands played at Castleton, why would some of those concerts not have counted as a Soundings event?

Soundings is not exactly for the students, but at least the students are lead to believe so. In a town hidden by the greenest of mountains, the bluest of skies and the closest of communities, exists a school for the students.

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Castleton Drinks Up Wood's Tea

BY MIKE TRZCIENSKY

Coming to Castleton as a freshman, I had heard much of the Wood's Tea Company. I've always been a major fan of pre-Dylan folk music, namely its major stars The Kingston Trio. Needless to say I was very anxious to see this group. And they certainly delivered.

Playing close to two hours of vintage folk music along with some inspired originals, this was one Soundings event that was quite fun.

Rusty Jacobs, Michael Lussen, Howard Wooden, and Chip Chase, also known as The Wood's Tea Company, took the Amphitheater stage on August 28, at 7 p.m. From the moment they got on the stage, it was clear that this group had a special connection with their audience. The group not only attacked the folk genre, they also dabbled in Celtic music, sea shanties, and bluegrass. The group used both more familiar instruments such as the guitar and the banjo, as well as less familiar instruments like a bodhran (an Irish drum), and a Bouzouki (a Greek stringed instrument similar to a mandolin). Besides for their music, the group mixed in light humor as well.

At about 8 p.m. the group took a fifteen-minute break before heading back out for another hour, which included an encore. Some musical highpoints of the night include the group original "Foolish Questions", "The Cat Came Back", Gordon Lightfoot's "Alberta Bound", and the Woody Guthrie classic "This Land Is Your Land". There was also the surprise throw-in of the introduction to Queen's "We Will Rock You" for good measure. The crowd remained lively throughout bringing with them their enthusiasm, dancing abilities and their kilts.

In a musical climate where images of the young, perfect looking person have filled our collective consciences with the thought of image over substance, it is always nice to see that real music from ages gone by can still be enjoyed by this generation. No matter what people's backgrounds and musical tastes were, The Wood's Tea Company managed to touch all of them by simply using some old fashioned universal simplicity. There has never been anything wrong with that. The Wood's Tea Company allows this music to stay alive, while proving that people can still enjoy it, and that is perhaps their most worthwhile accomplishment.

Zevon Gives His Final Howl; Cash Walks His Final Line

This past week has been a very sad one in the music industry. Two major stars died in one week. Though neither death was necessarily a huge surprise, it is ironic that two well-known musicians died in the same week.

Warren Zevon rose to prominence initially as a songwriter, penning Lynda Ronstadt's big hit "Poor, Poor Pitiful Me." In 1978, he became a major celebrity with his album Excitable Boy which hit number #8 on the Billboard 200 and went platinum. Zevon scored two hit singles on Billboard's Hot 100 with "Werewolves Of London"(#21, 1978) his signature hit, and "A Certain Girl"(#57 1980). In late 2002, Zevon was diagnosed with inoperable lung cancer. He was expected to live only a month or two. But Zevon didn't quit. In the course of only three months he put together a final album The Wind. He was able to live to see the birth of his first grandchild as well. Four days before his death, Zevon's album debuted at #16 on the billboard 200, his most successful in 25 years and a fitting conclusion to the life of Warren Zevon. He was 56.

Johnny Cash is the most successful country artist of all time. Since he started in 1955, Cash racked up an impressive 137 Country chart hits, and 48 hits on the Pop chart. His top 20 Pop crossover hits were "A Boy Named Sue" (#2 1969), "Guess Things Happen That Way"(#11 1958), "Ballad Of A Teenage Queen"(#14 1958), "I Walk The Line" (#17 1956), "Ring Of Fire"(#17 1963), and "What Is Truth"(#19 1970). Cash was 71.

Both Warren Zevon and Johnny Cash will be greatly missed.

Castleton Issues New IDs for Returning Students

BY SCOTT LANPHEAR

Returning Castleton students who are on a meal plan received new IDs at the beginning of the year. The new IDs were needed because the barcodes on the old cards were no longer being accepted by ARAMARK's computer system, according to Public Safety Director Jim Fuller

Fuller noted that students not on meal plans did not need new cards. He said it was hard to get acclimated to the new system at first, but there have been no major problems. Printing out an ID card is easier than it has been in the past.

Fuller noted that this is the system that will be used once we are ready to go to One Cards in the future. It is a state-of-the-art system capable of producing these type of cards which could be used as a debit card for use in vending machines, laundry machines, and participating area businesses.

Fuller said that Tech Services worked the week before school started to get the system to work with the new cards as well as the old cards, but by Monday August 25, Public Safety decided they needed to print new cards for all returning students because the old card wouldn't work with the new system. By Friday of that week, most of the cards had been issued out to students. Fuller said that if any students do not have their new cards they can get them at the Public Safety building between one and three p.m. Mondays through Fridays, or make arrangements to get the cards made outside of that time period.

SA Prepares for Another Busy Year

BY LINDSEY HALE

The Student Association is anticipating another great year with lots of new activities as well as the continuing on of many traditions. SA will once again sponsor a Monday night movie each week in the Herrick auditorium. A Coffee House will be held every Wednesday night. If you want to help decide what kind of entertainment comes to campus, come meet with the Student Association Activities Board meets every Tuesday at 1:00 p.m. in the Informal Lounge of the Campus Center.

The SA is also looking for students who want to be a part of the Student Government. There are positions available on both the Senate and "Students at Large," as well as on various committees. If you want to influence some of the major decisions on campus, pick up an application in the SA office, which is on the third floor of the Campus Center.

Cloud 9 Embraces Sex-Related Issues

BY EMILIO REVELO

Cloud 9 is a play that deals with many aspects of human sexuality. The most apparent aspect of the story is the sexual charge that the characters maintain throughout the performance. Apart from the sexual tension between characters, transgender and polygamy issues were also addressed and entertainingly presented. The plot was vague, although this allowed for the sexual overtones of the play to take the forefront and actually become the main motivation for the characters. Castleton's performance centered more around the unorthodox nature of the character's sexual desires than it did around the story line, so it seemed as though the main goal was to highlight the play's unconventional character relationships.

At the expense of the overall story, the performance did a great job at making the sexual orientation and the sexual relationships of the characters the foremost point of the play. The performance never made a clear attempt to connect with the crowd. The action on stage didn't engage the audience and the story didn't leave the crowd feeling like they could get involved. There were very specific moments that entertained the entire house, but with the exception of a few people that already knew what the play was about, the play mainly consisted of amusing, and sometimes explicit, scenes mixed in with lulls of dialogue.

A different, more definite, approach to the storyline is what the play needed. Cloud 9 needed less emphasis on exploiting non-mainstream sexual orientation and more on a comprehensive plot; audience members were very confused by the time jump that the plot made during intermission. The jump could have been more notably expressed on stage. As a result, the audience just sat in confusion for several minutes or longer until it dawned on them what exactly was going on.

Any play deserves to be performed, because if presented properly even a confusing and incongruous play can be entertaining. Cloud 9 is somewhat difficult to follow on paper, but performed it should have been easier to follow. The cast was prepared, and the set was both functional and appropriate. The costumes looked great and fit the characters very well. Some technical aspects of the performance – specifically video – were over ambitious, but still got the job done.

The issues addressed in Cloud 9 are worth mentioning. It is important to acknowledge all aspects of human sexuality, and theater is the perfect forum for that goal. Some may define the themes discussed as inappropriate, but a college community that doesn't engage any and every topic is doing a disfavor to everyone. As a place for higher learning, Castleton's embrace of the topics in Cloud 9 should be expected. The only complaint is that perhaps another production would have allowed everyone to enjoy the complete message a little further.

Community Chat

BY MICHAEL BIANCOSINO

Considering any positive and negative aspects you may have about Greek organizations, do you feel sororities and fraternities provide an important part of your college experience?

Stephanie Monks: Yes, I feel that fraternities and sororities are important in college. I myself am not involved in Greek life, but a lot of my friends are. It gives students an opportunity to meet a group of people that they will have a never-ending bond with.

Bethany Larson: Yes, I feel that fraternities and sororities are important because it helps your future self communicate with in a group of people and you can organize events as a team. It helps you become socially involved with your peers and therefore it enhaces your college experience. I also feel that having bothers and sisters make you feel more at home in a college atmosphere.

Tara Eno: I think that fraternities and sororities here provide a good time for the students. These places are good to meet people and socialize. This school would be a lot more boring without them.

Rich Eckorte: I definitely feel that they do provide a good college experience because it brings people together. It also provides an environment for people to get to know each other.

Castleton Students Spotted All Over Nantucket

BY BECKY BECKER

On an Island whose population is somewhat comparable to a small college, where cobblestone streets and gas lamps still exist, where the center of town is lined with gabled bed and breakfasts, parades of sport-utility vehicles, skyrocketing real estate, and the occasional celebrity spotting, you just may find more than one Castleton State College student roaming around.

In the Massachusetts island of Nantucket, filled with Ivy-league Colleges and Irish exchange students working summer jobs at restaurants, and small shops filled with Nantucket baskets and other memorabilia, Castleton students have been contributing to the summer population on the small island year after year

"I think so many college aged people come out to Nantucket every summer, because it is amazing and beautiful, lots of employment opportunities, beaches, it is close to home for many people, and there is a great night life," said Amanda Eastman, a Junior at Castleton.

The ever-so-famous, Chicken Box, has been a favorite bar every summer by several Castleton students. John Peters, a Castleton alumni, worked at the Chicken Box throughout the summer of 2001, and claims that he couldn't get over the abundance of people from Castleton he saw there during the summer, as well as throughout the entire year. "I would see people from Castleton all through the summer and if I hadn't already known them, by the end of the night I felt like they were a friend of mine for years," said John.

While most of the summer warrior's pack-up at the end of August just in time to escape from the relaxing mental state and prepare for another semester and the culture shock of reality, many stick around for the full year. A Castleton alumnus, David Sweet, has been living on the island for two years and says the summers and winters are "night and day." The summer and winter populations are dramatically different, as are the weather and things to do. Dave claims his favorite Nantucket experience this summer was catching a 34-inch, 15-pound Stripe Bass. It isn't just the tourists and college kids that take off come August, but also the restaurants and other businesses too. There are few restaurants, and three bars that remain open during their off-season months beginning in November. During the winter many of the Nantucket businesses relocate to ski areas throughout Vermont. SNACK, a Nantucket deli can be found in Ludlow, Vermont, as well as Taco's Taco's also in Ludlow, home of Okemo Mountain.

The Vermont and Nantucket connection, many think, is due to the seasons and the recreational sports they bring. People who ski throughout the winter very often are found hanging out in Nantucket, or other Massachusetts Islands such as Martha's Vineyard or Cape Cod. Several people who work throughout the winter at the Killington spots—Wobbly Barn, Pickle Barrel, Charities, and the Night Spot head to work on one of the three islands during the summer. "It's good money, and fun places to be," said David Sweet.

Kate Donelly, a senior at Castleton, worked in Nantucket this past summer at The Tavern, a fast-paced restaurant in the center of town, she also works at the Pickle Barrel in Killington all through the winter.

The job market in Nantucket is one of the fiercest throughout the summer months. Those who decide to live on the island try to scout out summer positions months prior to their departure. "There are too many people here, and not enough places to employ them," stated a manager at Schooners, a restaurant and pub on the island.

Although the job market is exceptionally competitive, almost everyone seems to find some form of work even if it isn't something that is appealing. "As long as I am out there every summer I do not care where I am employed," said Shaun Russell, a senior at Notre Dame University who has spent the past two summers making sandwiches at Henry's.

The majority of people recognize there is money to be made on Nantucket, but often neglect that opportunity to have the summer of their lives. The potential of having the most incredible summers are increasingly high, and the memories that have been sent back are some of the most surreal, wild and romantic escapades. "It is a whole different world, completely separated from everyday reality. Nantucket is a place where someone's fantasies can come to life, and where people find themselves doing things they never imagined doing before. I never thought I would find my self-swimming in the serene and resting oceans after the bars closed among the glowing phosphorescence's, underneath, what seems like, every star known to mankind, and not to mention right in front of Tommy Hilfigure's summer home resting on the cliffs of Step's Beach. Nor did I ever imagine that I would be partying the night away on one-hundred and fifty foot yachts and taking shots from four-thousand dollar bottles of whiskey," said Shaun Russell.

Amanda Eastman claims one of her most memorable nights on Nantucket this summer was celebrating her friend Vivian's birthday. "We had a huge Bar-B-Q with a live band followed by a late night swim with the phosphorescence's."

This is an island that someone will notice if they stay there for a few days or a week. The thick fog pushed in by the Grey Lady and the crowded Jetties beach, and long lines at The Atlantic and Fog Island Café's. But none will be able to properly acquaint themselves with the different personalities found in the dozens of rolling beaches that can only be reached by sandy narrow paths clearing through the tall sea-grass and sand dunes. Nor be acquainted with the haunted stories of Jared Coffin or one of the Starbucks, and let's not forget the troubled spirits of the founding Quakers that settled these shores and are still felt on the island, and if someone is visited by one of the original Wampanoag Indians they will tell you that "Natockete" means "the far off place."

It is hard to fathom a better way to get to know such a place than to be able to live there for more than a week. Several Castleton State College students have been lucky enough to be the sailor's on Nantucket rather than the passengers, and the sailor learns far more than the passenger does.

Frightened of the Future

By Corrie Casella

It's four in the morning and I've just woken up from another amazingly real nightmare. I've been having the nightmares a lot lately. It is always the same thing; it's graduation day and *I've just gotten my diploma. I begin to* scan the crowd for familiar faces but I see none. The tent is full of strangers and a feeling of loss washes over me. I try to move and realize my feet are stuck to the floor. I'm stuck in the same place after everyone has moved on. The worst part is that I have no desire to move because I don't know where I'm going. I wake up and the harshness of reality hits; my dream's meaning comes clear to me. It's based on the same question that has been haunting me since mid-summer. What the hell am I going to do after graduation?

I've talked with my friends about this and we all have the same fears, but this doesn't make me feel any better. During these conversations I'll find myself drifting off mid-sentence into a self-imposed panic. I can't remember the last time I was this scared of the future. I think back to high school graduation and try to see if this compares. It doesn't. I knew where I was going then, off to college in Vermont but with everything planned out and my parents in control. Now everything rests in my hands; what I do depends solely on me. I have reservations.

The future lays out before me like a big black void, jam-packed with a thousand questions and uncertainties. Will I graduate on time? Do I even like my major? Will I get a job I can be proud of or will I opt for Grad school? Will I stay in Vermont, go back home or head off to parts unknown? The list goes on and on.

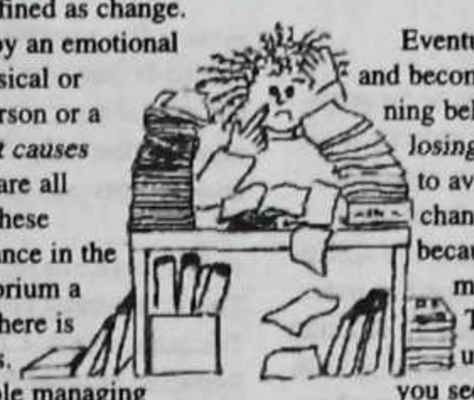
As I continue to panic I realize I don't even know how to write a resume, yet I have written several of them for previous classes. I've come to the point where I just want to pull out a map and point and that's where I'll end up. The only certainty I have is that I don't want to end up back in Bloomfield, NJ with my parents. I feel if that happens these past four years will be a joke. Didn't I move away from home to become independent? How can I give all that up and just go home?

These thoughts lead me to others. What have I really learned these past four years? Sure I met some great people, made lifelong friends and went to some great parties, but am I ready to make it on my own. I know the only way out of this dilemma is to make a plan, but I have no idea where to start. I know I can always go and talk to Judith Carruthers or Chrispin White, but I have no idea what to ask or what I want from them. I need to decide if what I want is to be happy or successful and determine for myself if they are related.

What I really wish is that I could go back to my freshman year and take the whole college experience more seriously. If only I had known what I wanted to do right off. I could have taken so many cool classes. Then maybe I would feel more comfortable leaving this place with a degree. I have no idea if I have learned enough to obtain a job. Maybe all I need is confidence and a whole lot of determination. But the nagging little voice in the back of my head says if that's all that's needed everyone would make it. Am I back to square one or am I on to something? I do have the calming thought that I will be leaving in May with a degree, something a lot of people will never have. I also will be leaving Castleton with some amazing memories and life changing lessons, not to mention the remembrance of the best four years of my life so far.

These thoughts give me more confidence than anything else. I remember my first night here and I was miserable, all I wanted was to go home. Now this place is my home. I never thought that I would be in the place that I am today. I have come so far from the shy scared freshman to a confident senior. So that's it, isn't it? Just let the future unfold on its own and go with its natural flow. Being prepared for where it's going to take me wouldn't hurt and maybe it will even give me that edge. Maybe tonight I will sleep better.

Stressed!



Stress can be defined as change. A change that is caused by an emotional strain or pressure, or physical or chemical changes to a person or a *person's environment that causes* bodily or mental tension are all equal to stress. Each of these would describe a disturbance in the state of balance or equilibrium a person is experiencing. There is good stress and bad stress. Some students have trouble managing stress and separating the avoidable from the unavoidable.

Stress has various consequences. The first thing stress does is make us very self-centered individuals. This can be very problematic when we live in tight community settings such as a college campus and are sharing dorm space with people we aren't familiar with. It also causes relationship problems because while we become self-centered we also begin to love others less. Both of these problems tend to add more stress and complicate situations. As stress or tensions in relationships increase, and frustrations *with people around you develop over minor* issues, all relationships suffer. You begin to have less satisfying friendships and intimate friendships. They become average.

The stressors in your life can make you less willing to subject yourself to anyone else's stresses. Given that everyone has stress, relationships begin to take on an element of superficiality. There is a small bond where two people might get together to blow off steam, grab a movie, cram in some entertainment and try to fit in some kind of activity to get away from it all, but there is no real friendship building and both are becoming susceptible to lonely and hard times. During these hard times, you are prone to look for a quick fix to your stress, either alone or with a casual friend. You might smoke, over eat, drink, spend too much money on your credit cards, work out too much, or procrastinate on homework to party or even choose to do drugs. All of these choices cause additional stress, especially the physical stress they can cause your body.

Eventually, you deplete your reserves and become short-tempered, always running behind, and racing to catch up, *losing sleep, and instead of working* to avoid stress or "significant change," everything is stressful because every day from minute to minute everything is changing. There is no such thing as unavoidable stress. To top it off, you see how stressed out you are and think by adding yoga or a walk or something else you will reduce your stress and by adding one more activity you actually create more stress. (Stress=Change!) So what can you do?

1. Write out your schedule.
2. Prioritize your Time
3. Eliminate any extra activities until you catch up.
4. Plan out when you are free and carry a pocket calendar
5. Plan tiny de-stressors like deep breathing, drinks of water, listening to music, reciting a favorite song, poem or prayer, taking your shoes off in the grass, running cool water on your arms, watching the clouds, play 20 questions...
6. Keep a journal of how the Semester is going – monitor the good and the bad!

There was a study done by Mark A. Lumley in Michigan on managing stress. He studied whether writing about general stress would affect a student's overall grade point average. The study showed that those who did write about stressful events over continuous days had a better GPA the next semester. Though this is just one study, many psychologists recommend journaling when under a great deal of stress. Try it! It can't hurt to process our thoughts on paper and it may make you a creative writer with a higher GPA and lower stress!

(See Footnote) Lumley, Mark A., 2003. Stress management through written emotional disclosure improves academic performance among college students with physical symptoms. Journal of Educational Psychology 95, 3, 641-649.

My War With Grad School

By Jessica Bass

The loud incessant roar of the crowd continuously pounds on the back stem of my brain and I can feel the splinter of migraine settling in behind my right eye. This is a pain I *know quite well because it has occurred at* least once a day over the past few months. Although I am completely sardined between swarms of people, many I would consider good friends, and all with goals quite similar to mine, I have never felt so alone in the twenty-one years I have been alive.

I continue down the almost nonexistent path the best I can, pushing and shoving others as I pass. I am just hoping that I am going the right way since no one in the crowd is helping me or pointing me in any direction.

I am a college senior merely trying to make my way to class. Then to the many extra curricular activities I took on this year. Then to work. Then when it seems I can go no further... to grad school.

GRAD SCHOOL. Seems like simple a enough word within itself. Then why when I hear it, see it, write it, or think it do I feel so overwhelmed, frustrated, nervous, and exhausted all at the same time? Not to mention on the verge of vomiting the acid singed pink lining of my stomach out. I have never known a word that posesses so much power. Power that can eat a squirming college senior like me with a quick dab of its wondering tongue.

Does the tongue engulf every graduating college senior? Of course not. I have more friends than not that are "taking the year off," or "getting a job so my company can pay for grad school."

The last statement just happens to be my favorite and also brings up my largest heartburn cause of all. How the hell am I going to pay for grad school? Sure there are assistantships, and fellowships, and HELP ME I HAVE NO MONEY-ships, but who does it happen for? The girl that grew up in a middle-class loving family, with one brother and a dog and parents that are still together. With five registered vehicles in the driveway (one that happens to be a small motor home) in teeny tiny town in southern New Hampshire. *A girl who isn't at the top*, or even that close to the top of her college graduating class I don't think so!

So now that you know a little about my family and my background I should probably explain where this crazy notion of graduate school came into play. I have been attending Castleton for my entire college career and amazingly enough have stuck with the major I declared on my application. Yes, you probably guessed it, Journalism. I have always known I had something to say and through this aspect of the media, I believe I can lead a successful and fulfilling life.

In the spring of my junior year, which now seems like eons ago, I came to the realization that if media was a field I want to someday go in to I need to achieve that edge over my competition. I am normally not a competitive person but if there is something I want I will try by most means of getting it. So, this is where the unforgiving idea of grad school filtered its way into my skull.

Before I even fight my eyelids open in the morning I am thinking about grad school. As I am dressing myself in the morning I am thinking about what I will wear when I go visit certain graduate schools. When I am sitting in my classes I am thinking, will this class benefit me in my future...should it be included on my resume for grad school? When I come home *in the evening to my apartment, I am constant*ly adding to my list of furniture to bring when I move to grad school. Last, but the most difficult realization of them all, the countless hours I lie awake in bed at night hurting at the thought of what it would be like not sleeping next to the love of my life every night while I am at grad school.

Going to grad school has already been the most trying and exhausting experience and I am just filling out applications now. The decision is just so hard but one I feel like I don't have a choice to make.

I guess you can say that many of my reasons just to go to grad school are self centered but they are things I want in my life someday. I want to have a job that I can be happy to show up at everyday until I am gray and old and the word depends doesn't mean this decision or that one. I want a large family and I want to be able to support them and send all my children to college someday. I want a nice house. Given I could be happy living in a cardboard box my whole life but I want a stable loving house for my family. This decision already has so much bearing over the rest of my life, the trivial moments I am going through right now seem almost meaningless. Something as simple as a $1.98 planner from Wal-Mart contains organizes, and most of all, supports my life right now. My new best friend sits lifeless upside down among the ruins inside my red fabric purse. Although, he never utters a word, *my friend continuously tells me where I have* to be everyday and at what times and most importantly when my applications are due. This is what I have been reduced to through my grad school ordeal. Making friends with and even talking to my little black vinyl planner.

But now, right now, at this very moment I am a college senior at Castleton just trying to make my way to class. My little planner anxiously sits in my purse that is slung about my right arm, as the love of my life grips warmly around my left. For now, I am just trying to make my way to class.

A Closer Look at Date Rape Drugs

By Tara Chagnon

There are three major date rape drugs. They are Rohypnol, Ketamine, and GHB. These drugs are slipped into drinks at parties, raves, clubs, and bars. Deb Choma, campus nurse, also warns students "sometimes the cups are laced with the drugs." "Rohypnol appears every year," Deb said, "there are not a lot of date rape drugs on campus, but off campus there is." The drugs are dangerous; especially when mixed with alcohol. The drugs are used to render the victim defenseless and even unconscious. The drugs are memory erasers; the victim will not remember anything that happened while under the influence of a date rape drug.

Rohypnol is the brand name for a drug called Flunitrazepam; which is a benzodiazepine drug. Rohypnol is in the same family of medicines used in anesthesia and to treat anxiety and sleep disturbances. Some medications in this family are Xanax, Halcyon, and Valium. In the United States and Canada, it is illegal to sell or make Rohypnol. Some street names for Rohypnol are Roofers, Roaches, Rib, Rope, R-2s, Poor man's Quaalude, Circles, Whiteys, Mind Erasers, and Mexican Valium.

Ketamine is used as a medical and veterinary anesthetic. It is a new rave drug, known as "Super K Ecstasy." The onset of Ketamine's effects is rapid. It causes difficulty breathing and it has psychedelic or disassociative effects. It is a clear liquid, but also can be a white crystalline powder. It can be fatal if mixed with other drugs or alcohol. The recovery can include a phase of emergence reaction, characterized by confusion, vivid dreams, irrational behavior, excitement, and occasionally hallucinations.

GHB is the abbreviation for Gamma-Hydroxybutyrate. GHB is a powerful drug that is rapidly metabolized and acts as a depressant on the central nervous system. The effects of GHB can be felt within 15 minutes of consuming it. The effects of GHB are vomiting, dizziness, nausea, confusion, seizures, intense drowsiness, respiratory depression, unconsciousness, coma, and in some cases even amnesia. GHB today is mostly homemade, resulting in significant differences in potency, concentration, and purity. Different batches may have completely different effects. There is a narrow margin between the amount of GHB that will cause intoxication and the amount that will cause an overdose, resulting in effects that are more serious. The drug GHB was used by Andrew Luster, a.k.a. Mr. Maxfactor. He would lure women back to his house by giving then only a small amount of GHB because a small dose will act as an aphrodisiac. He would then give the women drinks laced with GHB to induce the desired effects; intense drowsiness and unconsciousness. He would rape the women while they were passed out or unconscious in his house. He was arrested and convicted but fled the country to avoid going to jail. In June of 2003, he was captured by bounty hunters in Mexico and returned to the USA. He is now in prison.

Deb advises you not leave your drink when you go to the bathroom. "Take it with you, hold it in your mouth or throw it out and buy another." One last piece of advice from Deb, "watch out for one another and most importantly, watch out for yourself."

Are You Sexually Active? You May Want to Read This!

BY CHRISTY HOWE

For those who choose to be sexually active at this time in our nations history,there are several things to consider. With consequence's ranging from pregnancy, to AIDS, it is no wonder the sixties theme of "free love" has declined in overall acceptance. Instead of playing Russian roulette with ones life, it is becoming both the more rational and popular approach to play it safe.

However, what are we playing safe to? Often we pay closest attention to the most serious or obvious life altering consequences caused by unsafe sex, such as AIDS or pregnancy. We seem to forget about the effects that are often less obvious, such as contracting more common sexually transmitted infection's (STI's).

Because of many STI's discrete nature, it is an especially big mistake to believe that they are no big deal. Millions of people in the United States currently have STI's. Many are unaware that they even have an STI, and for those who know that they have an infection, it is sometimes incredibly hard to detect. In some cases, women do not even know that they have an STI until they realize that they are infertile. Contrary to what many would assume, people with STI's can be otherwise healthy.

Here are some facts that everyone should know about common STI's.

1) Protect yourself
Use a condom! Sex is better when you don't have to worry. Not using a condom can put both yourself and your partner at risk. Also, be aware that condoms do not protect a hundred percent. Condoms can be used improperly, and or break during use.

2) Keep in Mind The Risk
Be selective with your partners. One in 4 people have an STI! The one you love could have an STI and you might never even know it. Also, remember that when you have sex with your partner you are having sex with every partner he or she has had before yourself.

3) Abstinence is the safest approach
Abstinence is not as unpopular as you may think. Many young people are now choosing to remain abstinent until marriage because of both the health risks and their own personal and or moral choices. Many find that not having sex until marriage allows couples to get to know each other as the people they truly are. Some believe sex can deter away from this objective because at times it can cloud judgment. It also sometimes can be an avenue for a person to use another person for his or her own personal enjoyment. No matter your personal stance, abstinence is the only choice that guarantees a hundred percent safety from STI's.

4) The seven most common STI's
The seven most common STI's are Trichomoniasis, Chlamydia, Gonorrhea, Syphilis, Human Papilloma Virus, Genital Herpes, and Hepatitis B.

What is Trichomoniasis?
The symptoms for women who have Trichomoniasis are usually symptoms such as discharge that is occasionally foul smelling, vaginal irritation and discomfort, and painful urination. The symptoms of men who have this particular STI are quite subdued in comparison. Most men who have Trichomoniasis do not experience any symptoms. For those that do, it is most common for males to experience itching in the urethra.
To treat the STI Trichomoniasis, patients are given a single dose of four pills that go by the name of Flagyl. When the STI is left untreated, however, women may experience pelvic inflammatory disease (PID). For pregnant women who have PID the chance of having a premature delivery or a baby of low birth weight increases by 30%. In men that are untreated, a very small percentage can have Epididymitis or Prostatitis.

What is Chlamydia?
The symptoms for women who have Chlamydia are most of the time discrete. 75 percent of women who have Chlamydia experience absolutely no symptoms. When symptoms are present, women will often experience abnormal vaginal discharge, burning during urination, lower abdominal pain, or pain during or bleeding after intercourse. Most men have no symptoms. When present, men will most likely experience burning during urination, or watery or cloudy discharge from penis.
To treat the STI Chlamydia, patients are given either Arithromycin in the form of a single dose of four pills, or Doxycycline in the form of one pill twice a day for seven days.
When Chlamydia is left untreated in women, women may experience infection of the uterus, fallopian tubes, ovaries, or the lining of the abdomen, resulting in PID, a common cause of infertility, ectopic pregnancy, and chronic pelvic pain. In pregnant women, premature delivery, infant pneumonia, and newborn eye infection are common. If left untreated in men, there is an increased risk of epididymitis (infection in scrotum) and proctitis (infection in rectum).

What is Gonorrhea?
For 75 percent of women who have this STI, no symptoms are experienced. When symptoms are present, it is common to experience symptoms such as abnormal vaginal discharge, burning during urination, lower abdominal pain, bleeding between periods and heavy periods. Most men, however, do indeed experience symptoms. The most common is burning during urination and or discharge from penis.
Treatment for this STI includes a single dose of Suprax or Ceftriaxone.
Chlamydia should also be treated at this time.
For women left untreated, women can experience the causes of PID. These are premature delivery, and serious newborn eye infection for pregnant women. For men there is an increased risk of epididymitis.

What is Syphilis?
Men and women who have Syphilis will most likely experience a painless ulcer (chancre) usually on the genitals that usually disappears within a few weeks, even without treatment. Individuals can experience a rash, 3-6 months later that may cover the body or only appear in a few areas and may be accompanied by mild fever, fatique, sour throat, patchy hair loss, or swollen glands. In addition, some may have no symptoms, or they may go unnoticed. One can also have a chancre in the throat and rectum through oral or anal sex. The treatment for Syphilis is an injection of either Benzathine or Penicillan G.
Men and women who are not treated can experience long-term effects such as hearing loss, blindness, stroke, paralysis, and in rare cases, death. In pregnant women, stillbirth or birth defects to the newborn can occur.

What is Human Papilloma Virus?
Of men and women who have Human Papilloma Virus, most experience symptoms such as painless, fleshy cauliflower like or raised dry warts on and inside the genitals, or sometimes in the anus or throat. Some, however, may not experience any symptoms due to the disease lying dormant in the skin. Treatment for symptoms involves wart removal via Cryotherapy, laser surgery, or chemicals such as Podophyllin or Trichloroacetic Acid.
For women left untreated, rare strains are linked to cervical cancer, as well as cancers of the vulva, vagina, and anus.
Exposed newborns can develop warts in the throat, a rare but potentially life threatening condition. For men, cancer of the penis is a rare possibility.

What is Genital Herpes?
For women who have genital herpes, most experience symptoms such as an itching and burning sensation in the vagina, pain in the legs, buttocks or genital area, or vaginal discharge. Blisters or painful open sores may appear within a few days, usually in the genital area. Sores heal after several days, but reoccurrences are common. For men who have this particular STI, symptoms can include blisters on the penis or genital area – occasionally in the urethra. Herpes can also infect the mouth, throat, and rectum through oral and anal sex.
There is no cure for Genital Herpes. Acyclovir, however, can prevent or reduce severity of outbreaks. Acyclovir comes in the form of either pills or ointment.
For pregnant women left untreated, Caesarian section may be done to prevent complications for newborns.

What is Hepatitis B?
For men and women who have Hepatitis B, one third of those infected have no symptoms. For those that do experience symptoms, many often experience fever, headaches, muscle aches, fatigue, loss of appetite, vomiting, and diarrhea. In later stages, most experience dark urine, yellowing of skin and whites of eyes and abdominal pain. Some may experience symptoms that will clear up by themselves in 4-8 weeks. Others, however, may remain infectious for life. Vaccinations will prevent getting Hepatitis B!
In the acute phase up to one percent may die. In those who become chronically infected, 20 to 30 percent may develop Cirrhosis, liver cancer, and immune system disorders. Up to 40 percent of unvaccinated teens could become chronically infected after exposure to the Hepatitus B Virus.

Tanning

BY DANA IANATO

"Let's go to the beach." You don't hear that too often at Castleton State College. It's that time of year when everyone is getting the 'summer's over' blues. School is back in session. You are back in Vermont, and not only did you leave behind you family, you left behind your tan. Have no fear; there are ways you can keep your summer tan all year long.

Everyone knows about fake baking. Going to the tanning bed isn't the best thing for you, but a five-dollar session in Fair Haven twice a week probably won't kill you. Since you aren't there everyday, it's very important to use an accelerator. The difference of color with an accelerator is amazing. The hot action creams make the blood rise to your skin. You'll be bright red the first hour after you tan, but then a bronzed beauty after that.

Streaks are the first thing that comes to mind when I hear the words "sunless tanning lotion." Not true anymore. Experts have developed new spray-on tanning products that are much easier to distribute evenly. The spray avoids gobbing on the cream. It lightly sprays and then rubbing in takes minutes. I suggest Neutrogena medium. It doesn't streak; make sure you wash your hands after using the self-tanner.

Then there are bronzers. A bronzer has the consistency of blush, but isn't bright red or pink. Choose a bronzer in light brown to dark brown, depending on your skin tone. They can range from $7-$60. If you have the money to invest in a good bronzer, I suggest Channel's, "At the Beach" bronzer. For best results, using a large brush is the way to go. A big brush should leave no spots on your face or chest.

These suggestions are key to keeping up your summer tan. Even though it is fall, don't let that take your tan.

Fashion Flare

BY DANA IANATO

Sick of having the same American Eagle outfit as the next girl has on campus? Want to stand out, but don't have the funds? Don't worry, I'm here to help you accessorize on a budget that you won't believe!
There are three easy steps to determining what you're looking for before you go rummaging through the Salvation Army. First, you have to go through your wardrobe and decide what colors would go best with what you have. For instance, do you have more base colors, such as white, black, and gray? Do you need to tone things up with color? Second, figure out the style you are trying to achieve, the more subdued classic look, or something trendier. The last thing you must do is know the right places in the area to go, where you can stay within your budget.
Now that all that is determined, here are some items that can decrease the monotony of your wardrobe.
Scarves: trendy prints and patterns can be worn as either a belt or headband. Simply select one color, perhaps the color of the shirt you are wearing, and make sure there is at least a speck of the color in the scarf.
Purses: beaded, bright colored and small are this fall's do's.
Big belt buckles: whether it be your dad's old Harley Davidson buckle, or your little sisters Barbie belt, all these items are acceptable.
Jewelry: one word for this season's jewelry comes to mind, gaudy; pearls, bangles, using necklaces as bracelets. These items could turn you from plain Jane to movie star.
Hats: newsboy caps may be out, but we all know with 80s coming back, foam and mesh decided to slip back into the fashion world. You can practically get anything printed on a foam/mesh hat. Letters, thought they were only for Greeks? It was cool when Laverne and Shirley did it, and it's cool now in 2003. You can find shirts, necklaces and bracelets with the first letter of your name, you name it, its got your letter.
Now that you know some accessories, the next step would be where to find the best deals. Knowing this area, good shopping is hard to come by, but Rutland does have a few cute places. First start at the thrift stores: Salvation Army and Camille's. It may take you longer here, but you'll be glad when you have a bag full of cute goods (sometimes designer merchandise) for five dollars. We all know TJ Maxx is sometimes risky; your suitemate may have the same item, but if take your time you could strike it big with unique items at affordable prices. EBay: the internet-addicts dream come true. What else can I say, eBay has it all! Name brand and vintage merchandise that is nearly impossible to come by in this area.
In closing, take your time in the store, pick through items to find the cheaper item, and make sure the merchandise you are buying can go with your wardrobe. Say no to impulse buying, and realize you are at a small school where it's easy to be wearing the same outfit as the next person. Accessorizing can make or break you, don't go too wild, and good luck until next time.

Traditional Dishes for Rosh Hashanah

BY REBECCA M. BECKER

On Rosh Hashanah, the Jewish New Year, Jews all over the world gather in synagogues to celebrate the day Hashem created Adam and Khavah (Eve), the first humans. Jews celebrate Rosh Hashanah with sweet foods, like apples dipped in honey and honey cake, as a wish for a sweet new year. Challah, bread eaten during Jewish High Holy days, is used symbolizing fullness and completion. After a blessing is made over the challah, it is customary to dip the bread into honey. '

Apple Cinnamon Cake (Pareve)

Apple filling:

5-6 cups sliced, pealed apples
2 tablespoons fresh lemon juice
_ cup sugar
1 tablespoon ground cinnamon

Cake:

2 cups sugar
1 cup vegetable oil
1 tablespoon vanilla extract
_ cup fresh oranges
4 eggs
3 cups all purpose flour
1 tablespoon baking powder
_ teaspoon salt
_ teaspoon baking powder
Small pinch of nutmeg

Topping:

Ground cinnamon and granulated sugar for sprinkling.

1. Procedure: either a ten-inch tube pan, or two 8x4 inch foil loaf pans.
2. Make the filling: Toss the apples with lemon juice, sugar, and cinnamon.
Make the batter: Put sugar, oil, vanilla, orange juice, and eggs in a large bowl and whisk until smooth.
Fold

3. Preheat oven to 350 degrees. Generously grease in the flour, baking powder, salt and nutmeg.
Blend to make a smooth batter.
4. Spoon a little more than 1/3 of the batter into the prepared pan or pans. Cover with half the apple mixture. Repeat with the remaining batter and filling.
5. Sprinkle the top with the sugar and cinnamon.
6. Put the pan or pans on doubled-up baking sheets. Bake 60-70 minutes, or until the top is a little crusted and richly golden, and a cake tester inserted in the center comes out clean. Let cake rest in the pan for 20 minutes before you remove it.

Matzoh Ball Soup:

Ingredients:

4 pounds whole chicken
2 onions, cut into 1-inch cubes
3 carrots, sliced
2 stalks celery, thickly sliced
1 cup chopped fresh dill weed
Salt to taste
2 tablespoons vegetable oil
2 tablespoons chicken cracklings, finely minced
2 eggs, beaten
_ cup matzo meal
1 teaspoon salt
_ cup vegetable broth

Directions:

Trim off neck flap all the way up to the top of the wishbone. Trim fat and skin
from around the back cavity of the chicken. Reserve both for schmaltz and grebenes. Cut chicken into quarters. Place meat in large pot with onions, and cover with about 4 quarts water. Bring to a boil, reduce heat, and simmer 2 hours.

Add carrots and celery to the soup; simmer an additional hour. Season to taste with salt.

Remove chicken pieces, and set aside. You may reserve them for another use, or shred the meat for the soup. Keep the chicken covered, and at room temperature before shredding.

Dice reserved skin and fat into 1-inch pieces. Cook in a heavy bottomed skillet over medium heat, turning occasionally. Make sure the pan never gets so hot as to cause the rendered fat to smoke. When the grebenes are crisp and brown, remove them to a cutting board and drain schmaltz into a small nonplastic bowl to cool slightly. When cool enough to handle, mince the grebenes finely.

To make the matzoh balls, blend fat oil and eggs together. Mix matzoh meal and salt together. Combine the two mixtures, and mix well. Add 4 _ tablespoons soup stock or water; mix until uniform. Stir in minced grebenes. Cover bowl, and place in refrigerator for 20 minutes.

Bring soup to a boil. Reduce flame, and drop balls approximately 1 inch in diameter into the slightly boiling water. Add dill. Cover pot, and cook 30 to 40 minutes. DO NOT REMOVE THE COVER FROM THE POT WHILE COOKING!

No-Knead Challah from the Women's League of B'Nai Amoona

One package active dry yeast
1 cup very warm water (between 105 and 115 degrees)
1/3 cup granulated sugar
3 eggs
_ cup margarine, melted
1 _ teaspoons salt
4 cups all-purpose flour (approximately)
1 egg beaten with a little water in a large bowl

Mix yeast and warm water. Stir in sugar. Add 3 eggs, margarine, and salt, mixing well. Add 2 cups flour; stir well. (Dough should be very sticky, but a little additional flour may still be needed.) Let dough rise 6 hours. With floured hands, divide dough into 2 or 3 sections. Divide each section into three strips. Roll strips into ropes on floured cookie sheet. Let rise 1 hour. Brush egg-water mixture over tops of loaves.

Bake in a pre-heated 400-degree oven 2 minutes.

Turn onto wire racks to let cool.

Happy New Year!

Cocktail Catch-Up

BY LAUREN K. PAULEY

Bellini-Tini

Always remember 18 to party and 21 to drink" These drinks are only to be made by those who are 21 and older.

2 measures vodka
_ measure peach schnapps
1 teaspoon peach juice
chilled champagne, to top up

To decorate: slices of peach

Pour the vodka, peach schnapps, and peach juice into a cocktail shaker. Shake thoroughly. Pour into a cocktail glass and top up with champagne. Decorate with the slice of peach.

Au Pain Chocolat

BY REBECCA M. BECKER

The French have always paired bread with Chocolate so why not try a grilled chocolate sandwich? The new sandwich is a reflection of the popularity of panino shops around New York City, and the extraordinary George Foreman grill that has people claiming it is their favorite gadget. At a New York City bakery, the owner and chef Maury Rubin has come up with the simplest and most delicious variation, states the New York Times.

Maury Rubin's Grilled Chocolate Sandwich:

8 ounces dark (bittersweet) chocolate
_ cup heavy cream
12 to 16 slices of plain white bread
Handful of chocolate batons (1/2 inch long) or chocolate chips (about 1/3 cup)
3 to 4 tablespoons soft butter

1. Chop the chocolate fine and set aside in a medium bowl
2. Heat the cream in a small saucepan until just boiling and pour over the chopped chocolate. Let stand 1 minute, then whisk until smooth. Refrigerate until just slightly solid, about 30 minutes.
3. Spread a layer of the chocolate mixture _ inch thick (approximately 2 to 3 tablespoons) on half the bread sides to within about _ inch of the edges. Press about 2 teaspoons of the chocolate chips 9or 5 or 6 pieces of batons) into the center of each filling
4. Spread a bit of softened butter over one side of the remaining slices. Buttered side up, place the slice over each chocolate-spread slice and press lightly around the edges to seal. Refrigerate for at least 15 minutes before putting on a grill or on a press. (If you are using a skillet instead, freeze the sandwich 15 minutes.)
5. Heat a grill or sandwich press, and add the sandwiches. Press on one side only for a minute or two until the bread is nicely browned; the chocolate should be barely melted and not swimming out the side. If you are using a griddle or skillet, heat the sandwich first on the unbuttered side until lightly toasted, about 1 minute; turn the sandwich over and weigh it down by placing a baking sheet or pan on the sandwich and placing a few soup cans on top. Toast for another minute, until golden. Cut in half and finish with a frilled toothpick.

" If bread is forbidden, then a grilled chocolate sandwich is absolutely sinful," Michael Boodro.

The Downtown Dining Experience

BY SETH T. TUPER

Nil disputandum de gustibus, the age-old Latin language says it best. In matters of taste one cannot dispute. However this column was created to inform and enlighten CSC students on where to (or not to) go for a decent meal of campus.

Back Home Again, located at 23 Center St. in downtown Rutland, is a cozy niche in the downtown dining experience. Presently it is a restaurant / café which serves homemade *wholesome food and* hand made products all either produced, served and sold by a community of folks whom live and work for the good of all persons.

As I entered I was overcome with a quite tranquil sensation. The serene woodsy décors and all the hand-made, old-fashion natural style furniture, plants, trees, water fountains and even a fish tank with real neon and tetra fish leave out a peace and ready to eat. I was greeted with a motherly smile, explained the menu and I placed my order. I paid for my meal and was given a place card and then directed to the self-service beverage and soup station. I quickly chose a beverage, ladled me some lentil soup, and found a place to eat. I enjoyed the scenery for a bit while I sipped on a specially designed four-filtered glass of water. Soon the waitress had delivered my meal, the Deli Rose: Smoked turkey served on a buttered roll with tomato, onions, peper jack and cheddar cheese, and a home made zesty ketchup. Accompanying my meal was a side of homemade chips and a dill pickle. Each part of the meal complimented each other quite well, especially the zesty Deli Rose with the lentil soup. The only thing that would have made it better is if the roll was toasted (which if I asked I am sure it could have been done).

This place has more than just soup, salad, and sandwiches. They also have a wide variety of smoothies, desserts and Mate`. A line of their own specialty drink that is casual, perky and contains natural stimulants that put caffine to shame. Everything here is wholesome, healthy and delicious.I was also informed they have live music some nights and they plan on expanding the business. It will soon also be a pizza parlor, shoe store, and also a hostel for weary travelers.The friendly service, tidiness, relaxing homey atmosphere and scrumptious food at Back Home Again arewhat all restaurants should strive. Hey, All that for about 10$ is great for a college students (or teachers) budget; and it is a healthy meal that would make mom proud. On a 5-star scale I rate this place * * * * * stars: just stellar.

Castleton Women Defeat Becker

Dale Schaafsma

On Saturday September 13, the Castleton women's soccer team defeated Becker College 3-0 at home.

Castleton controlled the ball and out shot Becker 24-4. According to Ken Cameron, head coach of Becker, "[Castleton players] Number 7 (Amy Yandow) and number 3 (Haley Daden) controlled the play in the midfield."

Castleton's dominance of Becker College was seen in the opening minutes of the game. In the first minute and a half, the Castleton women's soccer team had a shot on goal.

Denielle Caron, Becker's goalie, kept the Hawks in the game by making several diving saves. In one play, Caron dived in front of Erin Huckabee on a breakaway and corralled the ball.

Although Castleton was outplaying Becker College, the score remained knotted at zero until eight minutes remained in the first half when Amy Yandow blasted a penalty kick past Becker goalie Caron in the upper right hand corner of the goal. On the previous play, Daden dribbled the ball past defenders from the middle of the field into the penalty box and was tripped, resulting in the penalty kick.

Castleton women's soccer coach, Alvine, noted that Amy Yandow has scored eight goals in five games this season.

Although the Castleton women's soccer team was winning 1-0 at halftime, the team was "ball watching and lethargic," according to Alvine. During halftime, he was clearly displeased with the effort of the players.

Although Becker College didn't score a goal, the team created a few chances because the defenders were ball watching. Most of the breakaways, however, were negated by offside calls.

In the second half, the Castleton women's soccer team had more offside calls against them and committed more fouls because of the increasingly aggressive style of play. The Castleton women's soccer team "intensified their energy," according to Alvine. In the opening minute of the second half, Castleton had a great chance to score, but Caron made another save.

Caron, however, was unable to stop Amy Yandow's shot from eight yards in the second half on a give and go play with teammate Daden. Amy dribbled from half field and avoided several defenders. She saw Daden open on the eighteen yard line and passed the ball to her. Yandow broke towards the goal and Daden passed her the ball in stride. Contributing to Castleton's win was Daden who scored Castleton's last goal with 90 seconds remaining in the game. On a direct kick 25 yards from the goal, Daden curved a shot past Caron in the upper left corner of the goal.

Castleton's Men's Soccer Team Undefeated in Conference Play

BY JASON PETERS

Castleton's Men's soccer team started the season a little shaky, losing to Plattsburg State and St. Joseph's college of Rutland.

Since then the team has won its last two conference games, upsetting rival Johnson State 2-1 and overpowering Becker college on Alumni weekend 5-0.

In the game against Johnson, goals were scored by Justin Souza and Luke Laroche. Castleton goalie Joel Lietchnam came up big for the Spartans, making six saves in Castleton's victory.

Castleton's next game was against Becker College on Alumni Weekend. Contributing to the 5 - 0 win were juniors Shane Little and Nate Williams, along with seniors Luke Laroche and Adam Dion and sophomore Jesse Brown.

The team is lead by tri-captains Luke Laroche, Jason Peters, and Adam Dion. The team maintains a solid defense with Phil Pittelli, Ryan DeStephano, Josh Souza, and Ty Pratt returning. The Spartan's Offense looks to lead scorer Luke Laroche and returning junior Nate Williams as main contributors. The Castleton midfield is made up of Captain Jason Peters, Kyle Wilson, Shane Little who have also returned and first year player Jesse Brown.

Congratulations go out to Captain Luke Laroche who just broke the all time scoring record at Castleton. Laroche scored his 56th career goal against St. Joseph's College of Rutland.

Women's Ice Hockey Debuts at Castleton

BY KYLE LAFERRIERE

Premiering this year at Castleton: Women's Ice Hockey. The team will be participating as a sub-varsity team in the up-coming season. They will be funded by the Athletic Department, not the Student Association. The team will be following the rules and regulations set forth by the National Collegiate Athletic Association (NCAA) so that at some point in the future they can be a NCAA sanctioned team.

Nicholas Camp will be the head coach this year. "This season will be a learning experience," Camp said. "We have quite a range of skill on our team and our success will not only be judged by the score of our games but our development as a team and as a hockey program so that we can improve with every practice and every game."

The team will play mostly club teams and a few varsity teams. The women will play teams from schools such as St. Michael's, MIT, Skidmore, Russell Sage, Harvard, Norwich, and Elmira.

According to Camp, 21 women have signed up for the team. If you are interested in playing you can contact Coach Camp via e-mail at: nicholas.camp@castleton.edu.

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Keystone Soundings speaker, Nadine Strossen, President of the American Civil Liberties Union, October 16th, 7 pm, Glenbrook. Free.

The Cairn

One of Dean Stone's *Six Steps to Success*:
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Castleton State College | October 13, 2003 | FREE

Incoming Class Breaks Record

By Scott Lanphear

This year, Castleton accepted 612 new students, including transfer students from all over the country. That breaks the record *for the largest and most diverse class of new* students set in 1983, when 605 students entered the college.

According to Communications Director for Castleton State College, Ennis Duling, the total number of full time undergraduate students is up to 1483 as of September 10, 2003. That is 50 students more than last year. The total number of students (including grad students and part time students) is 1804, which is 75 more than last year. Since the year 2000, there has been an increase in undergraduate student body of 200. Duling noted that 66% of students were from Vermont. Students come from Maryland, all parts of New York, and even as far as California.

While the number of students enrolled is getting larger, there are also more students being deferred than last year. Duling said that 200 students were asked to enroll at other institutions before they reply for admission to Castleton in the future. President David Wolk, in his Convocation Address, said, "We have significantly upgraded our admission expectations, becoming more selective without becoming more exclusive."

By Rebecca M. Becker

A new Master Plan is in the works to establish what the future of Castleton will be, including the number of students that will be enrolled in future years. According to Duling, the big question is: how big should Castleton be? The college is looking at what the right amount of students should be in future years. ?

Duling noted that Castleton wants to remain "The Small College with the Big Heart."

Hundreds are Sued for Downloading Music

By Renee Bishop

In early September, the United States recording industry filed hundreds of lawsuits, accusing music lovers all over the country of illegally downloading and sharing songs over the Internet. So far 261 individuals of all ages have been issued subpoenas, with the Recording Industry Association of America (RIAA) saying they expect to issue thousands more very soon.

The music industry is expected to get more aggressive in cracking down on the trading of pirated music files that come from file-sharing software such as Kazaa and Grokster. File-sharing is seen as a violation of copyright laws by the music industry, which has faced a three year decline in compact disc music sales, dropping 31 percent since 2000. "When your product is being regularly stolen, there comes a time when you have to take appropriate action," said RIAA president Cary Sherman.

Today an estimated 60 million people are monthly users of these file-swapping networks *where they can receive virtually any song they* want within minutes. The industry is seeking to identify roughly 1,600 people for illegally downloading music. The RIAA said that it did not investigate each individual's background before they filed the lawsuits. Many of those who were issued subpoenas are not even old enough to drive, making their parents responsible thousands of dollars in damages. The U.S. copyright laws allow these damages for up to $150,000 for each song that was offered illegally on someone's computer.

"They could have handled it better. It's incredible that it took them this amount of time to even start suing people," said CSC sophomore Amanda Begins, "They obviously want to make money off these people. They need to make the best out of the situation, this is drastic."

The recording industry announced at the *same time an amnesty program for people* who will admit to illegally sharing music online. They must promise to delete all downloaded music and destroy CD's made with such downloads and they must promise to never take part in illegal file-trading again.

One industry official said this is meant to scare all the parents across America, "It's shock and awe," they said. The recording industry has tried several ways of dealing with this problem. In the past they have put ads in newspapers with artists asking their fans to stop stealing their songs. They have also sent warnings via instant message to these illegal *software users.*

The industry is taking this very seriously. Just last school year the RIAA sued four college students for placing thousands of songs on campus networks. A settlement was reached and each student had to pay $12,500 to $17,000 to the industry.

CSC junior Kate Bradlyfulco believes that these kids could have saved the lawsuits and thousands of dollars by just going to the store to buy their favorite music. "I don't think they should go as far as suing people, but if that's the only way to get the message across so be it," she said.

The music industry is willing to reach settlements with each individual, but they will not cave in. Their hunt for those illegally downloading their music has begun and they expect to receive damages from each person that is caught. "Nobody likes playing the heavy and having to resort to litigation," said Sherman, but for those breaking the law repeatedly she sees no other option.

Cross-Country Team Places Second at Invitational

By Dale Schaafsma

On Saturday September 20, Castleton *women and men's cross-country teams placed* second at the Invitational at Castleton in a four-school meet.

Michele Bird, who finished fourth overall for the women, led the way for the Castleton women's cross-country team with a time of 22:50.

Although she finished fourth, Bird was unhappy with her performance. " I wasn't happy at all. I was trying for first," said Bird. She was frustrated because two runners passed her with half a mile left. "I ran out of juice," said Bird.

Cobleskill, a nationally ranked junior college team, won the women's cross- country race. Leading the women to a first place finish was Jessie Stevenson with a time of 22:27. Mitch Tomaszkiewicz, head coach of Cobleskill, said Stevenson ran an excellent, tactful race. Cobleskill also had two other runners finish in the top five: Emily Bertier (3rd) and Triva Alleyne (5th).

The Castleton women's team also had strong performances by Becky Gorman (6th), Katie Taylor (7th), Alyssa Mease (11th), and Jennie-Beth Schoonejongen (13th).

The Castleton men's cross-country team also had runners that did very well. Keenan White finished the race in 29:38 for a sixth place finish. Other Castleton men cross-country runners who had strong races were Kyle Vinton (12), Jeremy Gibbons (13), Jace Klein (14), and Chad Quirion (15).

The Cobleskill men's team finished first, and had the top 6 runners. Coming in first for the Cobleskill men was Bryian Morsema with a time of 27:12.

Overall, the Castleton women's and men's cross country teams finished second. The Cobleskill women and men's cross-country teams finished first and have been ranked nationally since 1993.

Upcoming Cross-Country Meets include:

October 18th vs. Southern Vermont College (away)

November 1st vs. North Atlantic Conference Championships (home)

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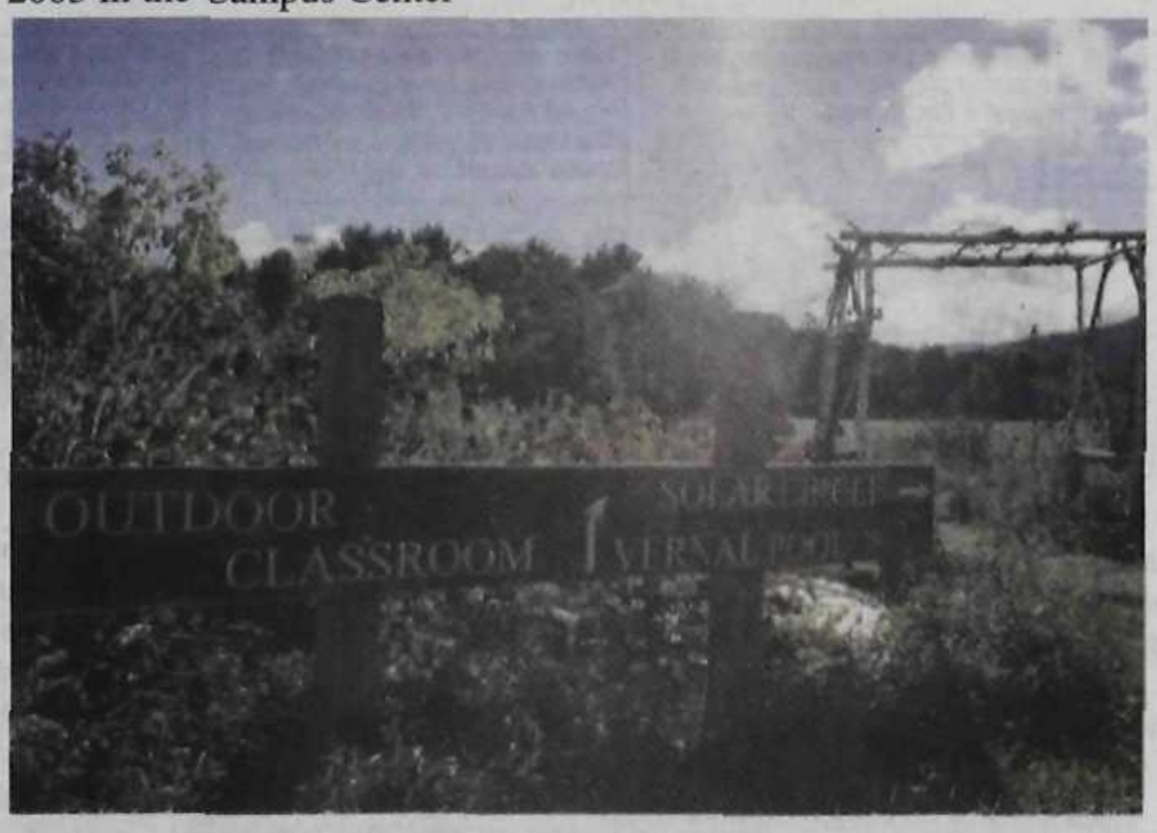
Students Shed Some Blood

Castleton Hosts Annual Blood Drive in Campus Center

Castleton's first of the semester was held on Thursday October 2, 2003 in the Campus Center



Butterflies Visit Campus

"It's butterfly season at the Outdoor Classroom," said Ann Chiesa. Monarchs and sulfur butterflies from native purple New England asters and cultivated orange Mexican sunflowers in the butterfly garden near the observatory.

Abortion Pill Spurs Debate
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Castleton's Tennis Team's New Faces
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Water Music's Launch Party
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Editorals

Students' Zero Tolerance

In recent weeks, Castleton State College has had an overwhelming number of complaints due the increasing interference of the liquor inspector involved in campus affairs. Students are outraged by the tactics and judgment of state authorities. Students feel they are being mistreated and would like something to be done.

In mid-September, I received a phone call from a student concerning a legal matter with the Liquor Inspector and State Police. This student, who will remain anonymous, had just been caught drinking underage. The Inspector had asked this student to take a breathalizer test to confirm his guilt. According to the student's Civil Violation Complaint, he blew a 0.010. Vermont, in fact, has a newly installed "Zero Tolerance" law that made this an open and shut case. But the student felt angered because this was his first offense on campus. And also, it is no secret that Castleton's own, Public Safety, usually deals with first-time offenders on campus.

This may have been just a result of coincidence...or maybe not.

This has been a developing trend as of the past several weeks, where students have been caught with ridiculously low BAC's. A member of Public Saftey, who shall remain nameless, said, "If it were me, I would've just told the kids to put it away and to be smart about these things. After quiet hours, show your fellow residents, and Public Safety the respect of out of sight, out of mind."

When it comes to drinking, and drinking responsibly, there is zero tolerance if you are underage. But the Castleton State College community functions like a household. There are brothers and sisters, and mothers and fathers that all seem to coincide as an everyday family. Whenever someone would give my mother a tip on how to raise her children, my mother would say, "Let me raise my family my way." I think this is what the students of Castleton are trying to say to the State authorities.

Ray Charles

Letter to the Editor

In our last issue, Jessica Bass and Corinne Casella wrote pieces about the uncertainties that come with life after college. In response to their articles, Judith Carruthers, Director of Career Development, wrote the following:

Hi Corinne & Jess,

I was very touched by both of your articles in the new Cairn: *Frightened of the Future* and *My War with Grad School*. They were beautifully written and expressed the feelings of students not just this year, in your graduating class, but of students of all time! I remember having all of those same feelings when I was getting ready to graduate--so does Chrispin.

Chrispin and I know it isn't really the mechanics that are keeping you awake all night or away from our offices. The resume, the cover letter- hey, my offer to students now is 1/2 an hour & we're done with the first draft or I buy the pizza.

We won't presume to jump inside your heads and say " We-know-it-all-come-over-and-we'll-fix-it." We don't. But we kinda think the big deal might be that you need to get used to seeing yourself as a college graduate. That's a really big deal. I remember that day. It takes your breath away.

Let me answer one question that people DO ask us outright, usually fighting back tears -and losing the battle, by the way. What happens if I get a job and then they find out I don't know everything? Well, I'm waiting to find out what happens when Dean Stone finds out I don't know everything.

Listen, the person hiring you is hiring an entry level college grad. They know you don't know everything! RELAX! The largest expense for most companies in the world today is hiring/training/retention. They know that. They expect that. Often, I suggest students put on their resumes " Objective: Entry level position as..." and I watch their whole demeanor change. Their shoulders relax; they can breathe again: "Ahhhhhhhhhhhhh, they'll know I'm just new." And it's just the first job. Not necessarily THE JOB, just "a job." The starter job.

Corinne, you wrote that you needed to decide if what I want is to be happy or successful and if they are related.

Well, I think a person can't be happy if they are not successful and they can't consider themselves to be successful if they are not happy. They sure do relate. Money does not = happiness, and money does not = success. You just need to definewhat makes you happy and what you feel "success" means. To you, not to anyone else.

And if it's grad. school you think you want, ok. We can handle that too--me, Chrispin, your advisors. And again, we have all the mechanical help like the handout on how to write a personal statement. Jess, assistantships in grad. school dont have anything to do with parents' income like undergrad. They have a lot to do with what you say in your personal statement. Who you are. What you mean in this world. See, knowing some "mechanics" helps!

And again, we know that?s not the big deal. The big deal is seeing yourself as a grad student. You know what helped me? "First generation" ex-tractor trailer-driver-high-school-drop-out that I was, standing in a fancy graduate student office on the 19th floor with a a TAship/scholarship and a spectacular view - with undergrad students mistakenly referring to me as Dr. Carruthers, or Professor Carruthers. I could hardly catch my breath when they did that. My eyes got big as saucers! A friend convinced me to change my name. From Judy to Judith. Isn't that funny? It felt so weird doing it. May soud goofy, but it changed how I saw myself. I could finally "breathe" into who I was becoming.

Who knows what will work for you? We?ll see. Come talk to us. Please honour us with your worries and concerns. Please give us the privilege of helping you with the next step.

With love and all our best wishes,

Judith and Chrispin

Judith Carruthers, Director
Career Development
Castleton State College
Castleton, VT 05735
judith.carruthers@castleton.edu
(802) 468-1339

"Leap & the net will appear!"

Cairn Staff

Rebecca M. Becker
Editor-in-Chief

Jessica Bass
Managing Editor

Karis Decato
Jessica Dewey
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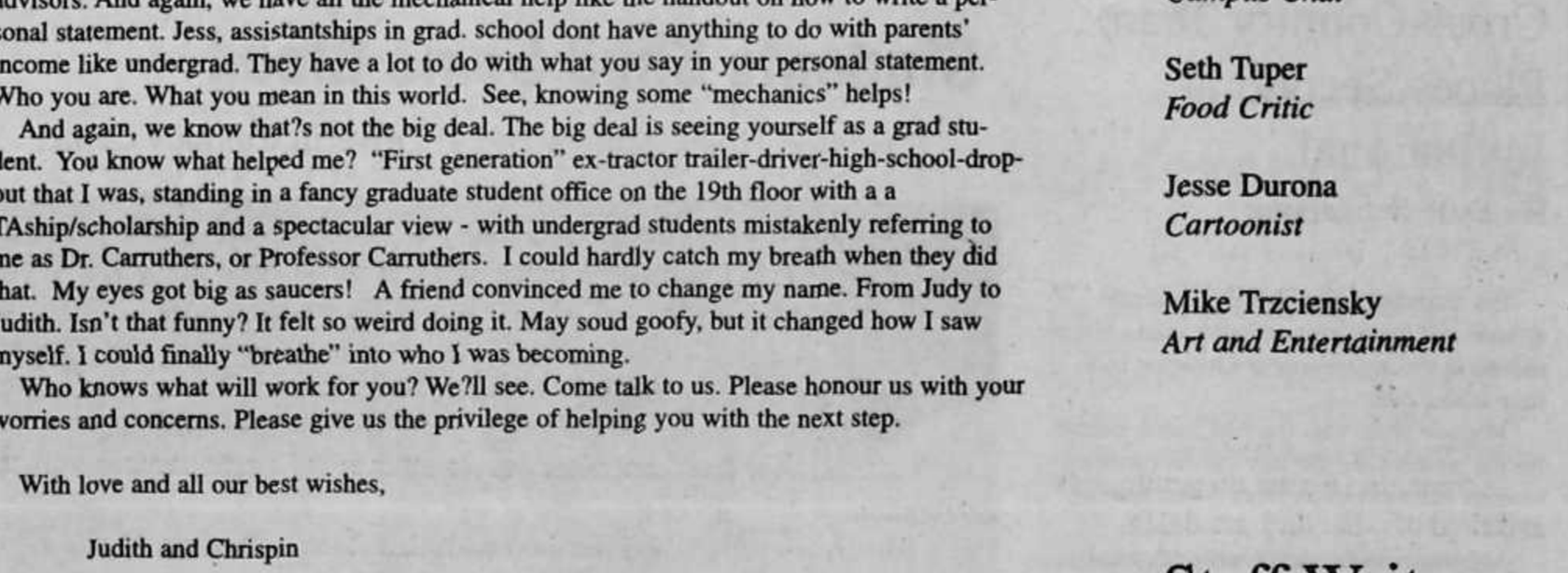
Castleton Undercover

By Jesse Durona


RALPH, THE GREAT EXPLORER, SCANS THE JUNGLE FOR ANY SIGN OF HUNGRY PREDATORS.
THE GRASS HAS GROWN QUITE TALL DURING THE LONG SUMMER, AND RALPH KNOWS THAT DESPITE HIS KEEN SENSES, ANYTHING COULD SNEAK UP ON HIM.
SUDDENLY, A ROARING SOUND IS HEARD IN THE DISTANCE. IT COULD BE COMING FROM ANY DIRECTION. IS IT A LION? A TIGER? RALPH MUST STAND HIS GROUND...
FOR THERE MAY BE NO ESCAPE!
BE CAREFUL RALPH, I HAVE TO MOW THE LAWN!
RRR

Rumor has it that there may be undercover cops lurking around campus. They could be in your suite hanging out or walking by you as you walk to class. A couple kids have gotten busted for underage drinking by people not in uniform, but driving black vehicles and entering their suites or rooms. I think that if there are undercover cops on campus, students should be warned. But of course, if you warn students than what is the point of going undercover?

By walking around and talking to other students about this issue I have come to the conclusion that they might be just liquor control, but why aren't they in uniform? If they are here simply to enforce drinking laws, why aren't they dressed as regular cops?

One of the reasons that students are uncomfortable is that they feel their privacy is being invaded. Should our suites and rooms be private? I believe they should, but because underage drinking and alcohol-related sickness and injuries are such issues on campus, students' privacy is no longer respected.

When is it too far to invade somebody's home with issues that involve the law? Should any random cop be able to enter a student's room and fine them for underage drinking when no disturbance is caused? I don't think so. If a disturbance is caused by the room in question, then sure, invade, but with purpose. You wouldn't like anyone doing that to you in your home.

We might be students and these might be dormitories but they are our homes. Some of us hardly ever leave them. Our homes should be protected from dangers as well as for our personal liberties such as privacy. If we were to live off campus this issue would be treated differently.

In order for the police to search or enter our homes they need a warrant or probable cause. This is a law enforced by the fourth amendment. But this amendment is protection against search and seizure. If somebody is entering your room, but not searching or seizing, is it a violation?

The thought of undercover cops on campus just disturbs me. I guess that all I can say is be careful what you do. If you are underage and are drinking then you are taking an obvious risk.

I don't like the thought of being watched in my room. Somebody watching everything I do to catch me doing something wrong makes me feel uncomfortable in a place where I should feel comfortable.

Lindsay Hale

Editorals

Dear Editor,

When I first came to Castleton in the fall of 2000, I didn't know what file sharing was. Once I found out, however, I thought it was the best thing ever to happen to us young people. As a college student there was no way I would have gone out to get the CD's that had the songs I liked. The amount of money that would have been spending is something I don't even like to think about.

For years the music industry has been selling us overpriced music so that they can keep on getting rich. I think that over the years they have lost focus of who they are really tryin to please. For example, N'Sync and O-town were put together so that they could pound out a bunch of hits, make a CD and sell that CD at an absurd price. This was the recording industry's scheme for getting a ton of money very quickly.

Well, I don't like those two groups mentioned anyways, but it feels as if we are being taken advantage of. Our love for music is being exploited by those people.

All they really do care about is making more money and if they could, I'm sure they would up the prices of CD's from the ridiculous prices that they are now.

The bottom line is that downloading music off the net should not ever be considered a criminal action until the recording industry pays all of us back for taking advantage of our love of music. We already buy the merchandise, the concert tickets, and this still isn't enough for these money hungry bastards.

I think that we are all getting sick and tired of what they are doing. Prosecuting people for 150,000 dollars because of downloading songs is absolutely absurd. These are normal, hardworking, middle class people that are doing this. In the past 4 years I have bought 3 cd's because and only because, I knew that the entire cd was good and I got it at a good price. With so much music out there and so many people to buy music, it isn't necessary to sell them at 20 bucks a piece.

Either way this problem won't go away for the artists and recording industry because we're sick of spending our hard earned dollars on those who sing for a living. They bitch and moan about the fans being too crazy sometimes or run away because they can't stand having the cameras going or signing autographs.

This is just more fuel to add to the fire because they would have been nothing without the people who listen to their music. It's all gotten out of control and now that we've found a way out of it, they want to shut us down. Well, good luck trying because it wont happen.

Scott Kirpan\

Have something to say?

E-mail the *Cairn* at cairn@castleton.edu or give the Cairn a call (468-6067)

Serving Coffee and Smiles

By Mandy Wheeler and Jasmine McElroy

Here at Castleton, there lies a tight-knit community of people who generally feel a personal responsibility toward the overall character of the college. These community members include students, faculty, staff and administrators. The familiar smiles of peers and colleagues in the classrooms, at campus functions and simply strolling the grounds, help to create a supportive environment.

There are places on campus that seem to invite students to relax and unwind. Whether a cozy nook or a lively snack bar, these select spots are generally characterized by a welcoming atmosphere, kind people and friendly conversation. The Coffee Cottage, a recent addition to the dining options on campus, has becomea fine example of this type of pleasant, home-like environment.

The Coffee Cottage is a relatively small, but undeniably charming computer cafe located on the first floor of The Moriarity House. The cafe features a delightful menu, a variety of fresh cofees and teas, and plenty of comfy sofas and armchairs where people can settle in to study, check their email, or simply enjoy each other's company. The warm ginger walls of the Coffee Cottage are adorned with an impressive display of student art.

Originally the La Carte, the cafe underwent major renovations last year, and most decisions fell to a selct committee of community members- a group of individuals who feel it is important to create social havens on campus where people feel at ease.

One staff member, Darla Patch, shines above the rest in her willingness and ability to contribute to the Coffee Cottage.

Darla has worked at Castleton for fifteen years as an employee of Aramark, the company contracted to provide dining services on campus. She has managed the Coffee Cottage for the last two years. Darla sat in on the Coffee Cottage committee during its renovation period last year, and has contributed not only her ideas and experience, but also material items, such as decorative bins for keeping silverware and a wall clock, which she selected to perfectly match the woodwork in the building.

Darla makes a point to personalize her relationship with her customers, making special orders when she's not too busy and always ready with a warm smile, polite conversation and a helping hand.

One student said, "[Eating at the Coffee Cottage when Darla is running it] is like coming into the kitchen at home and saying 'Mom what do you got to eat?'"

Not only is Darla a valuable staff member, whose professionalism allows her to rise above the standards of her job, she has gone out of her way to make Castleton a better place to be.

Over the years, Darla has hosted more than a half dozen foreign teaching assistants in her home, hailing from countries such as Russia and Mexico. She became aware that these young people often had nowhere to go during holidays and vacations and decided to take them in, showing them the sites of Vermont and treating them like family.

President Dave Wolk publicly thanked Darla several weeks ago for the impressive contributions she has made to the Castleton community.

People like Darla are an essential part of what makes Castleton College an exceptional learning institution, and the community as a whole should bind together to make individuals such as Darla feel appreciated.

Munich Locals Call it "Wiesn"; We Call it "Oktoberfest"

Dating back to October 12, 1810, the Crown Prince of Bavaria, Germany, coined Oktoberfest an official celebration after years of coping with a serious dilemma: what to do with all the extra beer that was brewed in the springtime. The Crown Prince decided that when it was cold enough to brew again in mid-September they would haul their remaining summer stores from cold-storage caves and throw a gargantuan party that happened to occur at just the right time to celebrate the fall harvest. Oktoberfest continues to be celebrated year after year, and each year more and more people all over the world participate in the celebration.

Today, Bavarians and the thousands that flock to Bavaria, Germany indulge in traditional Oktoberfest festivities by gathering in huge tents, to sample the hundreds of beers that were brewed throughout the springtime, and eat mounds of "beer-friendly" foods such as sausages, whole roasted pigs, warm potato salad, sliced ham, and lots of sauerkraut, among many other delights.

Warm Potato Salad

(provided by cooking.com)

Ingredients:
For Beer Dressing:
One fourth cup olive oil
One fourth cup finely chopped white or yellow onion
1 cup lager beer
Half cup apple cider vinegar
2 tablespoon sugar
Salt and freshly ground black pepper.
For Potato Salad:
3 and one half pounds red-skinned potatoes cut into 1/4 –inch thick slices
2 tablespoons apple cider vinegar
One half cup finely chopped red onion
One half cup thinly sliced green onions
One half cup finely chopped celery
One half cup finely chopped parsley.

Carrots and Leeks Braised in Beer

(provided by cooking.com)

10 servings

Ingredients:

2 pounds leeks, cleaned, trimmed (white part only) and thinly sliced
4 tablespoons (1/2 stick) butter
3 cups peeled thinly sliced carrots
4 bay leaves
2 teaspoons sugar
one half teaspoons freshly ground black pepper
One bottle Anchor Steam Beer or other malty beer
1 cup canned reduced-sodium chicken broth
Salt and freshly ground black pepper.

Method:

Melt butter in large frying pan over medium heat. Add leeks and sauté until tender, about 5 minutes. Add carrots and sauté 2 minutes. Add bay leaves and remaining ingredients. Bring to a boil then reduce to a simmer. Simmer uncovered until carrots are tender and liquid is reduced to syrupy consistency, about 15 minutes. Discard the bay leaves. Season mixture to taste with salt and pepper. Transfer to serving bowl and serve.

Tip: If sauce is still too thin by the time carrots are tender, remove carrots and leeks with slotted spoon and boil cooking liquid until it turns syrupy. Then, combine all ingredients in pan and proceed as directed.

Farewell to Summer 2003!

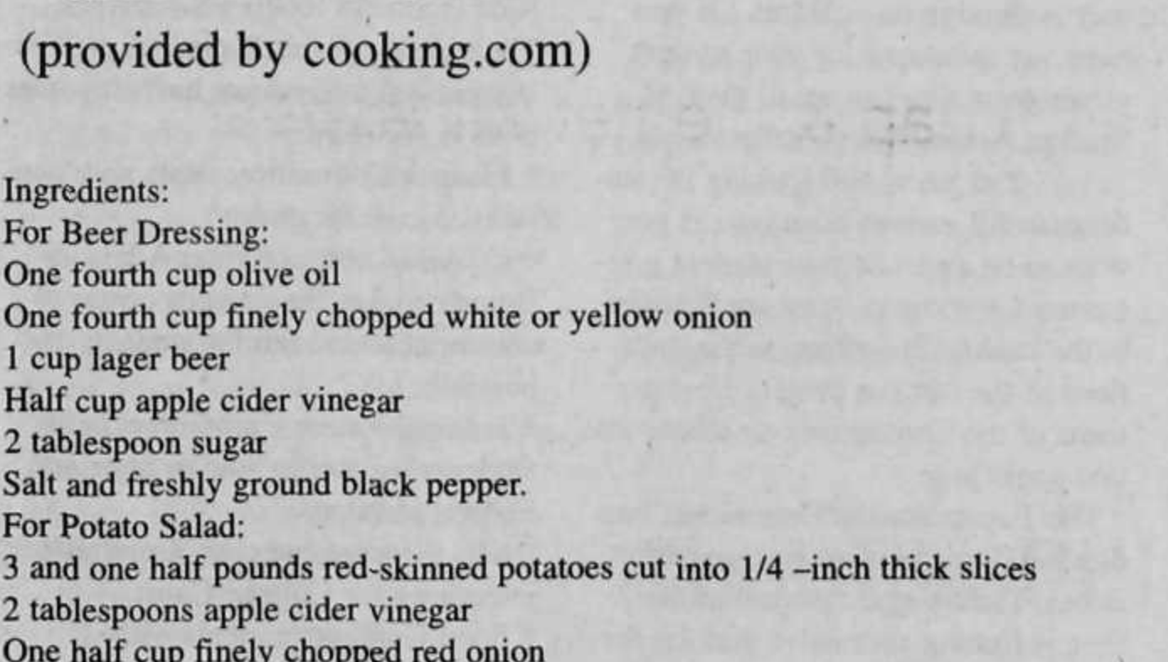


Photo by Rebecca M. Becker

Professor's *Water Music* Project Launched

By Jessica Dewey

Communication Professor Majorie Ryerson hosted a launch party at the United Nations in New York City on September 22, 2003 in celebration of the release of her new book, *Water Music*. President Dave Wolk, Joe Mark, Honoree Fleming, and Judy Meloy attended the party on behalf of Castleton. Also appearing at the party were Paul Winter, Mike Gordon of Phish, and classical guitarist Sharon Isbin.

Ryerson's book is a collection of her exquisite photographs in which Ryerson captures the beauty and wonder of nature. Her photographs are accompanied by words and music by renowned musicians.

Ryerson won the Paul Keough Award for Leadership in the Environment for her book. All proceeds from the sale of Ryerson's book will be donated to the *Water Music* Fund of the United Nations Foundation.

Water Music, published by the University of Michigan Press, is currently on display in the Calvin Coolidge Library.

Dr. Noel Brown ("Mr. Environment"), President and CEO of the United Nations, and former director of the environmental program for the United Nations

Attendees applaude Ryerson for her achievments.

Among the attendees were Mike Gordon of Phish (third from right) and Tunde Jegede, a Nigerian Composor, (fith from right). Ryerson is second from the left.

Photos by Rebecca M. Becker

Campus Chat

By Mike Biancosino

"Do you feel that the police of the town of Castleton make the students of the college feel safe and protected, or do they become overbearing and hinder their college experience?"

"YES. The cops are impartial and short-tempered towards the students."-Craig Wetzel

"I always hear about people complaining about the cops, but I haven't had any problem myself with them." -Amanda Brennan

"I have been here for three years and they have become more and more overbearing. I amost didn't come back [to Castelton] because each year they destroy more and more of our fun." -Anne Boudrea

"I don't have any problem with the police. They don't really bother me."

"Yes. Very much so. Let my people go!" -Dawson Raspuzzi

Do you have something you want to *chat* about?
Questions or comments email:

cairn@castleton.edu

Fans "Addicted" To Palmer Mourn His Death

By Mike Trzciensky

While the recent deaths of Warren Zevon and Johnny Cash weren't particularly surprising to those that had been following their situations, the death of Robert Palmer hit the Rock world pretty much out of the blue.

Close friends of the artist say that there were no warning signs at all. About a week before his death, Palmer had visited a physician who told the artist that he couldn't have been healthier. Palmer was out on tour when he was hit by a completely unexpected heart attack. It has long been known within the industry that Palmer had been a long time advocate of a clean living Rock And Roll lifestyle and that the only thing he was ever addicted to really was love. His death therefore remains a complete mystery.

Palmer got his solo career under way in 1974, but struggled to find an audience until he broke through in 1978. After a brief period as an American star, Palmer was again forced back into the struggling artist category until he hooked up with the Duran Duran side project The Power Station in 1985. The following year Palmer ascended to superstar status thanks to MTV's consistent rotation of his music videos that featured clone-like models playing air guitar. The videos became amongst the most heavily rotated of the decade and when Palmer decided to stop making them his status as a major star stopped with them. Palmer's top 20 hits on the Billboard Hot 100 were "Addicted To Love" (#1 1986), "Simply Irresistible" (#2 1988), "I Didn't Mean To Turn You On" (#2 1986), The Power Station's "Some Like It Hot" (#6 1985) and their cover of T-Rex's 1971 hit "Get It On (Bang A Gong)" (#9 1985), "Bad Case Of Loving You (Doctor, Doctor) (#14 1979), "Every Kinda People" (#16 1978), his medley of Marvin Gaye's Mercy Mercy Me (The Ecology)/ I Want You" (#16 1991), and "Early In The Morning" (

Student Association Update

The SA plans ways to reach out to the Castleton community through the variety of clubs on campus. By Lindsay Hale

The Student Association is trying to branch out and supply better communication to its students. One way is through this column. If you have any questions for your student government you can email them at Student.Association@castleton.edu.

The SA is still looking for students to fill various positions. If you want to be a part of your student government you can pick up applications in the student life office on the third floor of the campus center. Here are some of the Committees on senate that you could join:

* The Transportation Committee: handles parking and other transportation issues. Their biggest project at this time is finding alternative parking for when the resident hall and fitness center are under construction.
* The Safe Ride Committee: coordinates the volunteer program that provides safe rides to students in the area. Safe Ride runs Thursdays 10 p.m.-2:30 a.m., Fridays 11 p.m.-2:30 a.m. and Saturdays 11 p.m.-2:30 a.m. Safe Ride is always looking for drivers. Their meetings are Thursdays at 7:30. If you need safe ride or have any questions is 468-1346.
* Finance Committee: deals with conference cash for clubs.
* CCAB (Campus Center Advisory Board): makes the campus center as comfortable and fun for students as possible.
* Political Action Committee: helps students register to vote in State and Federal elections.
* SJC (Student Judiciary Committee): interviews for College Court.
* Food Committee: deals with Aramark and other food-related issues.
* Public Relations
* Student Concerns

Campus Center Feels The Tide

By Mike Trzciensky

Ten Mile Tide is a little bit of everything. These San Franciscans were tight and very well rehearsed. The fiddle was a fun and refreshing touch. Unfortunately, their CD's were not advertised well enough. They needed to put up a table to sell the discs as opposed to sending a girl around to be their publicity. Their sound however, and their unique professionalism made up for their bad publicity.

The band started at 8 PM played until just after 10 PM. Musical high points included band originals "Roll The Top Down" and "Disco Bus" as well as covers of the Charlie Daniels Band's "The Devil Went Down To Georgia" and The Allman Brothers Band's "Jessica". As the sticker says "Feel The Tide".

A New Medical Epidemic

By Christy Howe

Imagine for a moment that you are a parent. Your child has just begun to go to school. You are excited and a little nervous as many parents are at this stage. You try to plan all you can to make the transition go as easily as possible. You buy school supplies, talk to your child about school, and even help them with becoming acquainted with teachers and peers. You even have prepared your child academically by beginning their exposure to books and learning games. From your perspective, there is no reason for your child to not have a successful experience in school.

Then one evening you receive a phone call from one of your child's teachers. She explains to you that your child is an interference in the classroom. Confused, you ask her to explain. She begins to tell you that your child on numerous occasions has received discipline due to the fact that he has trouble sitting still during class lessons. She explains that your child takes away from her ability to teach. There is a long awkward pause. She proceeds to tell you that she thinks your child has ADD and should be treated with the drug Ritalin. She says that it will be of the best interest of your child and his peers. Before you can really allow for everything to soak in, she ends the conversation. You are left confused and startled. You have to put your child on a drug because he acts up in class? Aren't children supposed to have trouble settling down at times?

Concerned for you child, you begin to research ADD on the net. You find that it is defined in medical journals as a "neurobiological condition characterized by developmentally inappropriate level of attention, activity, distractability, and impulsivity." You go deeper in your research to find that basically all texts define ADD in a similar fashion. However, none of the sources describe at what frequency and intensity make such characteristics "inappropriate." All kids display these characteristics during their childhood at some time. All kids do not have ADD.

It isn't before long that you realize there is something terribly wrong. Reading an issue of *Cosmopolitan*, you happen to come upon a feature article devoted to stories of mothers who have children who have been misdiagnosed with ADD.

You also realize that educators are accused of using drugs as their only treatment option. Treatment options such as counseling, family therapy, parent training classes, and individual therapy are often ignored.

You stare at the magazine in disbelief. You wonder if your child will be a part of a generation unnecessarily placed on strong drugs due to the pressure of schools to conform to some undefined ideal of what is both normal and acceptable behavior .

This is a common scenario for parents in the United States today. Often parents worry about their child's health while being pressured by schools that seem more into conforming behavior than health. So what do you do when you're in this predicament? Here are some useful tips when dealing with this complicated situation.

1.) Listen critically. The responsible parent knows his or her child better than anyone else. So, if you hear an unsettling report on your child's behavior that seems out of character, it is not presumptious to do your own research on these conditions.

Do not assume a specialist knows your child well enough to be able to diagnose ADD. ADD can be easily mistaken, and is often misdiagnosed. Also, do not think it is out of place to take notes when a teacher or specialist is speaking to you about your child's behavior. This will give you as a parent an avenue to detect any inconsistencies. If you feel uncomfortable doing this, remember that in the long run your child will thank you.

2.) Maintain awareness of the different drugs prescribed for ADD. Not all drugs prescribed have the same level of potency.

3.) Seek consultation from numerous sources. If you limit yourself to one source to decide the fate of your child, you leave excessive room for swayed judgment. With several different consultants, along with your own parental attentiveness, you are more safely assured of your child's needs being met.

4.) Be receptive to your child's emotional status. At a time when people are pointing out that your child acts "differently" in the classroom, it is not a uncommon occurrence for your child to catch on. Be sympathetic. Your child may not be able to control his behavior if he really has ADD. Also, children often have a deep desire inbred within them to fit into their social circle. Most of their time their major social circle is found in the classroom. Anything interfering with the feeling of social acceptance can have a negative impact on your child's social development.

Grief and Loss

By Allyson Stoodley

Many of us arrive to college not having suffered a major loss in our lives such as the loss of a family member but can relate to the words grief and loss in smaller proportions. Every semester, though, professors hear about a student's need to miss an exam because a family member has died. It is of good importance to take a minute to reflect on what it means to grieve the loss of an esteemed person or item of value or even characteristics and situations in your life so that you can be aware of changes that will happen internally when the external world takes a new shape.

For some of us, the first major trauma we experienced was September 11, 2001. Many students knew somebody who was in the New York area or on a plane somewhere. Many people knew of someone who was hurt or lost someone close to them. This tragedy may have shaken up the dreams and plans you had for your future, thus creating a sense of personal fear and loss.

Tom Golden wrote about grief and said that grief is associated with desire. How often do you hear the phrase, "Good grief?" It is often said when things are not going right or according to plan. When a desire is not met you experience loss and there is grief. The greater the desire, the greater the loss and grief will be if that desire is not met or kept constant.

There are many physical and emotional symptoms associated with grief. They include sadness, anger, irritability, denial, disbelief, shock, shortness of breath, heavy chest, listlessness, restlessness, hypersensitivity, fatigue, inability to concentrate, fear of the future, anxiety, panic, disorientation, apathy, emotional numbness, extreme mood swings, a need to relive the death, tension, powerlessness, depression, changes in eating and sleeping, stomach problems, headache, alcohol consumption or drug use, and irrational behavior.

These symptoms will dissipate over time but it is important to try to take steps to help you through the difficult process. Talk to others, stay connected to friends and family, do activities that give you some feeling of control, and take care of your personal needs. Also, seek help if your mood gets low. Know when to ask for help.

If you know someone who is struggling with loss or who is grieving there are some ways you can be helpful in letting the person talk as much as he or she needs to.

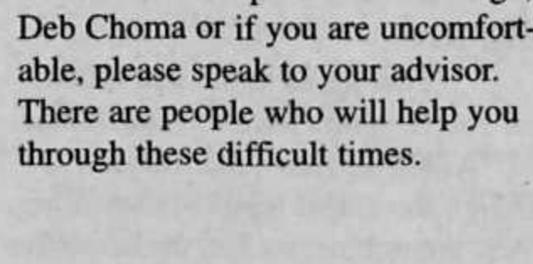
Here are other guidelines:

1. Try to be patient and understanding towards situations and feelings different than your own.
2. Try to talk openly and honestly about the loss or situation, unless the grieving person indicates that he or she is not ready to do this.
3. Avoid using the phase, "I know just how you feel."
4. Try to avoid statements such as "you must be strong" or "look how much you have." These types of statements may cause a person to feel ashamed about his or her feelings and reactions to loss. It conveys a message that you are trying to talk a person out of his or her grief when the person needs to be allowed to grieve.
5. Encourage the person to take care of themselves. If they are not eating or are using coping mechanisms that are dangerous to themselves, encourage them to seek help. Provide support numbers or crisis numbers that they can call.
6. Also remember your limitations and how their grief will affect you and stir up your own memories of having either lost someone or having needed to be close to someone. Remember to reach out to your friends and talk as well as have fun.

If you are on campus and are struggling with grief and loss, or are worried about someone who is, please contact the Wellness Center at 468-1414. You can speak to MJ Raliegh, Deb Choma or if you are uncomfortable, please speak to your advisor. There are people who will help you through these difficult times.

Abortion Pill Spurs Debate

By Rebecca Becker



On Wednesday September 17, 2003, an 18-year old girl, Holly Patterson, of California died after taking the prescription abortion pill. The circumstances surrounding her death are unclear, and an autopsy is under

The pill, mifepristone, previously known as RU-486, has long had a symbolic significance transcending its medical use. The pill, approved by the Food and Drug Administration (FDA) three years ago, provided reasons for advocacy groups to think it would change the nature of abortions, taking them out of clinics where women were in risk of being harassed by abortion opponents, avoiding the common surgical abortion procedure, while abortion opponents argued that the approved abortion pill would cause an aftermath of suffering and deaths.

"The drug has turned out to be quite safe, quite effective," said Dr. —Richard Hausknecht. Dr. Richard Hausknecht reported that between 160,000 and 165,000 American women used the drug from September 28, 2000, when it was first introduced to the market, and the end of March 2003.

"Aspirin causes more deaths than RU-486," stated Eric Schaff, chair of the National Abortion Federation, which promotes non-surgical abortions.

Patterson received the abortion pill on September 10, 2003 from Planned Parenthood Golden Gate, a clinic near her home in Livermore, a San Francisco suburb. Erin Brooks, a clinic spokeswoman, said she was unable to release any details concerning the death of Patterson due to patient confidentiality regulations.

In a recent report launched by the Concerned Women for America, reported that the Planned Parenthood in San Francisco currently prescribes the pill for use up to 63 days after a

(Continued on page 8)

Volunteerism Pays Off

By Corrine Casella

Margaret McCarthy, a senior, smiled sweetly when asked about her recent nomination for the Vermont Student Citizen Award. "I am very honored and surprised that I was nominated. When Jan [Rousse] and Chrispin [White] asked to talk to me, I thought I was in trouble. I asked if I was in trouble and they laughed and told me about the award."

McCarthy was defiantly not in trouble in fact she was picked out of the entire campus to be this year's nominee. This is the third year the award has been in existence and the second year Castleton has had a nominee. When asked why McCarthy was chosen Rousse had this to say, "Maggie maintains diversity with the organizations she chooses to help out with. She will help with anything. Wherever she goes in the future she can help out the whole community instead of just a part. She has all the qualifications met. She puts her heart and soul into everything she does. She does so much behind the scenes. Wherever she goes she can take a part of Castleton with her."

The award is sponsored in part by the Vermont Higher Education Council, the Vermont Campus Compact, an organization based at Middlebury College that looks at student leaders around the state, and the Vermont Teddy Bear Co. Each nominee will receive a graduate bear from the Vermont Teddy Bear Co.

The award was created to promote volunteerism. The sponsors are looking to recognize students who have done outstanding service for a non- profit organization. The criteria to become a nominee includes, only one student per college can be chosen, student must be a senior, and have been involved in one or several non-profit organizations. Now that McCarthy has been selected from her school, there are several more criteria she needs to fulfill before she can become a finalist. First she must write a paper, get letters of recommendation from the community service projects she has worked with and finally a letter from the President of the Institution in support of the nominee. All of the paperwork is due in to the panel by October 17th. The announcement of the winner will be made public on October 29th. There will be a celebration for the winner sometime in early 2004.

If McCarthy wins she will receive $2000. One thousand of that money will be given directly to her for personal use, another thousand dollars will be given to her for her to use toward the non-profit organization of her choice, and the school will also be awarded one thousand dollars to do with as they please.

Shriners Hospital has been one of McCarthy's number one projects for the last two years. She has either orchestrated or played a part in a lot of events to raise money for the hospital. The biggest event is the can tab collection, now in her second year of helping McCarthy isn't showing any signs of slowing down. Last year members of the Castleton Middle School, staff of Castleton's Calvin Coolidge Library, and students helped to raise money through the can tab drive. McCarthy then took the money to President Wolk and asked him to donate extra money, which he did. On her break this summer McCarthy kept up the good work by getting Ben & Jerry's to donate collection bins that were then put in every suite, as well as most academic buildings, the Campus Center and the Physical Plant. She also along with other students gave a presentation in support of Shriners during S.O.S. Each year S.O.S students participate in activities that would benefit people in the community, McCarthy and her fellow students wanted to make sure that Shriners was an option they could pursue.

McCarthy has been involved in many community service projects during her almost four years at Castleton. One such project was making Easter baskets for poor families around the area. Before actually making the baskets she helped to collect food, toiletries, candy, toys, and books to go into the baskets. She is also very active in helping with Safe Ride. She is even involved in making a new sweatshirt so the word about Safe Ride can get out there more. The list goes on including the Crop Walk in Fair Haven, a 20 mile walk for the Make a Wish Foundation, America Reads, helping to make dinner at the Dismass House, and delivering candy canes and carnations to seven Main Street. She also helped to raise three hundred dollars for Clarenden First Elementary. She and several Castleton students along with members of the Men's Rugby Team participated in a car wash to raise the money. She then asked for more money from Rousse, White, and President Walk and received another three hundred dollars for the cause.

On top of all volunteer activities she is also involved in other aspects of campus life. She was the junior class Vice President last year and is currently running for Vice President of her senior class. She is the Chief Justice of the College Court and was a member of the Women's Tennis team for three years. She also manages to hold down three jobs, two during the school week and one on the breaks at Scamp Camp, she is also taking an 18-credit course load.

When asked about this strenuous schedule McCarthy said, "This is b want to be my career when I leave here. I want to somehow combine Public Relations and community service. I want to work for a company and then get them to give back to the community. My dream job would be to work for Nike. I heard about this company it may have been Nike, I'm not sure but this company goes out to underprivileged areas and builds basketball courts. The basketball courts help to keep the children of the community off the street and focused. That's all I want to do, to do my small part to make someone else's life a little easier."

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Guerilla Gardening

By Blaire Grossman

December 2002

"It doesn't look so hot now, I know, but picture it in the summer. The day is gray, the ground is covered with snow. We just bought the house, and it has a great yard, or at least that's what Mom says. I try to look through a window, but it's impossible. The snow is piled up in the yard due to the storm we had the other day and there's not much room to move or anything to see, really. It begins to snow again as I survey the yard once more. Ducking my head, I get into the car.

February 2003

"What are we going to do with this yard," I ask.

"Mrs. Ecklund was some kind of a master gardener, so we won't have to do that much hopefully." Mom and I trudge through the snow, our feet cracking, crushing and falling through the icy crust to the frozen ground below. "Over there," mom says, gesturing out over the yard with her left hand, "are two flower gardens. The Tenny Brook runs behind those all the way around the north perimeter of the property. Further back over there is a large stone-circle that your aunt Nancy says us full of day lilies. There're even two Jack In The Pulpits…those are endangered."

"Well it really sounds like we've got our work cut out for ourselves."

"And then there's another garden over here around past the driveway…" Mom wanders around the side of the house, disappearing down the dirt driveway towards the street. This is all very good, I guess. However, I can't help but think that if criminal records were based on your plant-care history, Mom and I both would be lifers in some maximum-security prison. I chuckle to myself as I glide around the corner of the house to join my mother in the side garden.

April 2003

"That looks to me like Phlox, and you're gonna have tons of Lupine, too." As she tiptoes quite literally, through the tulips, lupine, phlox, lilies, roses, columbine, rocket, the bee-balm and the yarrow, and daisies, Morgan identifies this and that plant for my mother and I. Morgan is one of my closest friends from college and also quite a bit more knowledgeable than I am about plants. "It's just going to be beautiful," Morgan says.

"I'm so excited! Even though I've got no real gardening experience," I explain, "I can't wait. I have no clue what most of these plants are going to be. I don't want to ruin anything really nice or old or valuable, you know?" I follow close at her heels, trying to remember everything she says about one plant or another. "This summer I'm going to spend as much time as possible in this garden" Morgan looks at me and grins.

"Ha," she laughs in her characteristic way. "I bet! Just don't mess with anything except obvious weeds and stuff. You'll have a better idea of what you have for next year. You ready to go? My feet are all wet and my fingers are cold."

"Sure." We leave the yard, walk down the driveway, and slip silently past the two massive birch trees standing in front of the white house, leaving my new garden behind.

June 2003

The garden is really coming into its own now. Lupines, morning glory, bearded iris, rocket, and the beginnings of rose buds mingle with daisy and columbine. The jack-in-the-pulpit has gone by and the mock cherry has lost all of its blossoms. Day lilies, bee-balm, and Phlox wait inside their sheathes of thin membranous tissue.

I work with the little plastic rake, digging mercilessly at the weeds (or at what I hope are weeds) ripping them out of the ground. Sweat pours over my brow, down my face and drips off the end of my nose. The hot sun beats down on my bare back as I work. I give a fleeting thought to sunscreen, but decide against it.

"I think we should plant a little vegetable garden there where you're digging," Mom says from her seat under the shady pergola dripping with green and purple grape leaves and twisting tendrils. "Tomatoes, chard, maybe some squash."

"Yah, sure." I drop the rake and stride across the grass in my bare feet. Grabbing my T-shirt off of the back of the chair, I wipe my face and chest with it, then I take a big drink from the water bottle there. "I think I'm going to clear that path between the bee balm and yarrow today, too." I put the water back down and head over to the path. It's all overgrown with weeds and I fall to my knees, ripping at them with my bare hands and getting dirt under my fingernails. Sometimes I use a mat for under my knees, sometimes I don't. Sometimes I use gardening gloves, sometimes I don't. It's all about getting back to nature for me and I sometimes worry about the bugs and the spiders and then throw on gloves. I love this gardening without a road map.

It's 9:00p.m. and my back is killing me. Mosquitoes biting me all day has caused me to itch all over and I can't see anymore, the sun having faded to nothing in the west. Under the deep blue sky of a late summer evening I sit on my heels surveying the cleared patch of dirt I've cultivated and wondering just where this guerilla gardening will get me.

July 03

"Mom! Where's the tomato plant? I'm ready for it now!"

"I'm coming… I've got it right here." As she comes down the crooked back steps with the tomato plant in its jug, mom sips from her water bottle. "It smells so good and there're already little baby tomatoes on it! Where do you want it?"

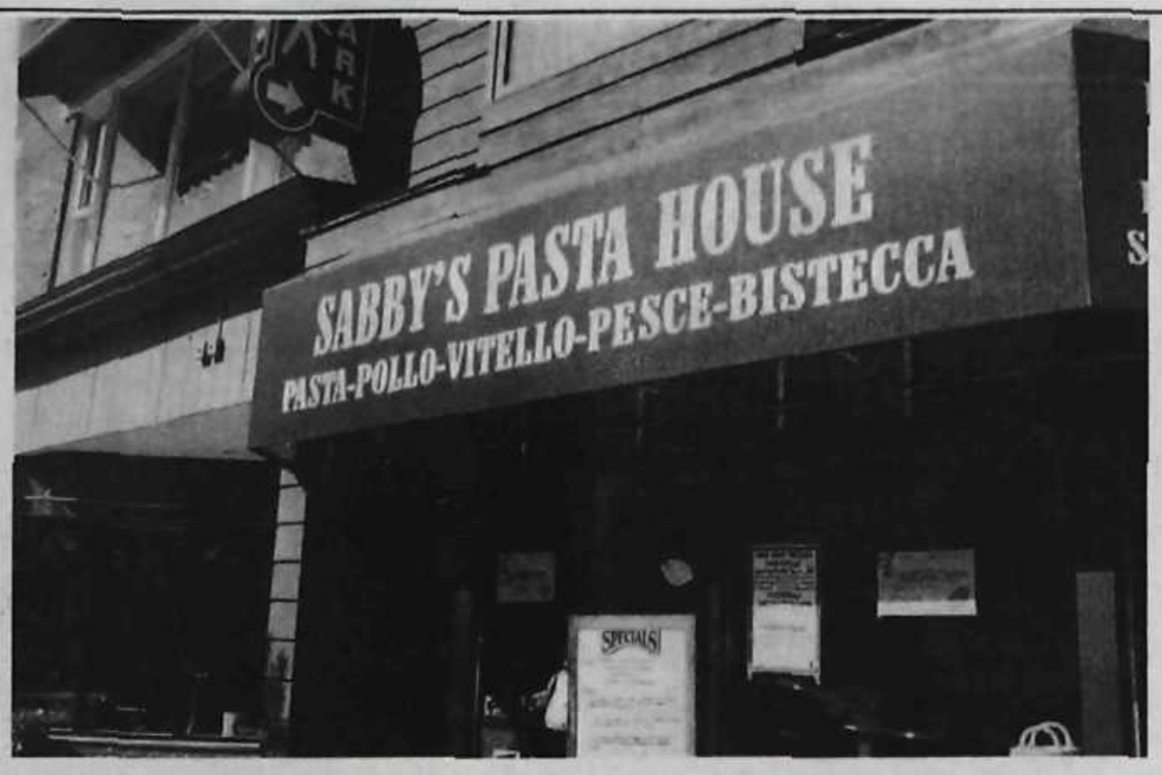
"Right here. I'm going to put it between the Asiatic lilies." I dig the hole with my wooden-handled shovel, pressing the blade into the soft earth with my foot. Again I find myself on my knees with dirt under my fingernails and sweat streaking my dirt-smudged face. She hands me the plant and the water bottle.

"Here, take a drink. You've been out here for hours and I know you haven't had anything but coffee

(Continued on page 7)

Downtown Dining

By Seth Tuper



If you are looking for romantic dining for two, Sabby's, located at 33 Center Street in Rutland, is the place you want to go. This restaurant, steeped in Italian tradition, satisfies your taste buds for Mama Mia's home cooking.

Upon entering the restaurant, I was greeted quite promptly and sat in a cozy corner. The decor is a tad too cluttered but it does not take away from the Menu, selection, or even the atmosphere. On recommendation I chose the chicken parmesan, Garlic bread, and later for dessert spumoni. After ten minutes of soaking up the scenery, and munching on my crisp salad, the waitress came parading down the dining room with a fairly large portion of spaghetti and chicken parmesan. The sauce was a sweet and zesty tomato based sauce...MMMMM-MMM scrumptious! It just made your mouth happy, happy, happy! However the sauce did not stick to the pasta making for a unhearty and somewhat sloppy (if your not dining oriented) meal. The Garlic Bread was to die for! Soft and warm on the inside, crispy on the outside, and I could taste the garlic. This meal alone was worth the trip to Sabby's. But the Dessert Topped it off. Traditional Italian spumoni! What a frozen treat!

All in all, Sabby's is a great place for a classy yet casual dining experience. with a cornucopia of menu options, prompt service, and delicious desserts, but be prepared to open your wallet. While dinner for two was around $40, you'll probably end up leaving a hefty tip. On the five star scale they earn **** stars.

Photo by RebeccaM. Becker

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Cocktail Catch-up

By Lauren K. Pauley

Apple Special

2 measures brandy
2 measure Cointreau
Ice cubes
Dry cider, to taste
To decorate: 1 slice of apple

Shake together the brandy, Cointreau, and ice. Pour into a tall glass and add cider to taste. Decorate with the apple.

Celebrating Fall with an Italian Flare

By Rebecca M. Becker

Apple, Goat Cheese, and Prosciutto Bruschetta

Serves 8

Ingredients:

8 slices firm, crusty bread, about 3x4 inches each
8 thin slices prosciutto, (about _ lb.)
1 Fuji apple, cored and very thinly sliced
1 cup goat cheese, softened at room temperature
1 teaspoon minced fresh thyme leaves, or 1 teaspoon dried thyme
1 teaspoon ground black pepper

Method:

Preheat broiler. Combine cheese, thyme and black pepper; set aside. Place bread on baking sheet; broil, about 6 inches from heat, until lightly toasted. Loosely pleat prosciutto onto bread. Cut each piece of bread in half and arrange apple slices, then cheese, mixture, over prosciutto.

Place bruschetta on baking sheet. Broil until cheese softens slightly.

Photo by Rebecca M. Becker

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Sports

Women's Rugby Starts Strong

By Kyle Laverriere

Castleton Women's Rugby team is off to a strong start winning their first two games against Green Mountain and Middlebury.

The first game was a very energetic game against Green Mountain College. The girls played an excellent game against Green Mountain; Castleton beat them 46 to 10. Heather Bruce and Trudi Frash each added two try's apiece, while Kara Poulin, Michelle Magee, and Andrea McPherson each added a try. Trudi's foot was on, she made 6 out 7 of her kicks. As a team, the girls played great, really pushing the ball forward and racking up the points. Simone Graffton, left the game with an injury to her foot, she was unable to play in the following weekends game. The next weekend's game was not quite the same kind of a game. Up until the closing minutes of the second half, the score was deadlocked at 0-0. Middlebury was a very physical team, but Castleton was able to step it up and be just as physical. There were many occurrences where Middlebury almost scored, but Castleton came through in the heat of the moment to get a drive going back the other way. In the closing minutes of the game, Dara Caputio scored a try on a great play to give Castleton a 5-0 lead, which was the final score.

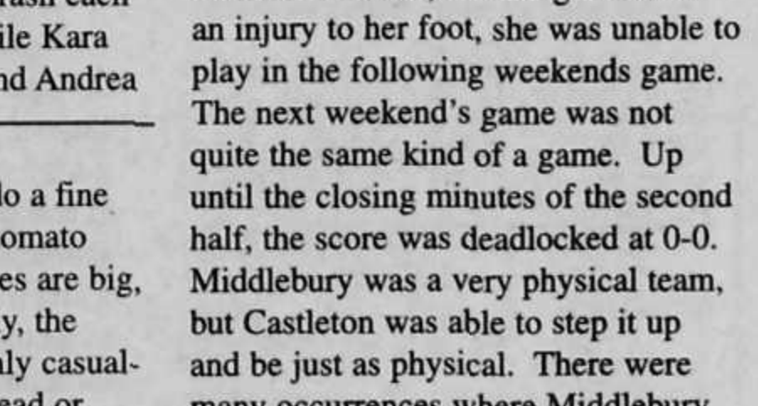

Photo courtesy of Paul Cohen

(Continued from page 6)

you haven't had anything but coffee today. You're going to pass out."

"I'm fine, but thanks." I take the water and drink a long draught out of the nozzle. The tomato plant does smell good and as I put it in the ground I can see tiny green tomatoes, the size of marbles hanging under the leaves, close to the stem. Scooping soil back around the base of the plant is easy now, and I do it without gloves. The plant looks great between the deep red-orange Asiatic lilies. Next, a trio of sunflowers gets placed along the garage on the south side. The yard runs east to west, so the sun is overhead almost all day. Taking the hose I spread a strong stream of water across the soil, soaking it.

Late July, 2003

My mother is reading a book written in 1903 about gardening, called "A Woman's Hardy Garden." The book is vintage and by a woman who had a team of gardeners working for her in her own gigantic garden. Her stand on gardening is strange to say the least, when compared to modern thinking. She frequently refers to boys, Negroes, mammies, and hired men.

I'm reading a chapter on lilies now, stretched out on a towel in the sun. The garden is in bloom all around me, orange day lilies, pink roses, echinacea and phlox, yellow black-eyed Susans, magenta bee balm, white yarrow and of course, the many different greens. Funkula. That's what the type of lily I have is called. It is not, in reality, a lily at all, I find as I read on. Interesting. As summer vacation comes to a close, I spend more and more time in the garden. I am going to miss it so much when I go back to school, and am dreading entrusting it to my mother, a notorious brown-thumb. Rising from the red blanket I walk slowly around the gardens, talking to my plants.

"I'm going to miss you guys, but I know Mom and Ethan will do a fine job. Don't be afraid." The tomato plant is huge and the tomatoes are big, red and look delicious. Sadly, the three sunflowers were the only casualties of this summer. Their dead or dying stalks stick out of the ground like tiny barren trees. Despite this small failure, I feel a great sense of accomplishment with my new garden. The sun dips below the roof of the house to the west as I gather my towel, book, and suntan oil. I take one last look at my garden and turn, striding up the back stairs and into the house.

(Continued from page 5)
woman's last period, two weeks longer than the FDA's guidelines. The FDA also requires that the administration of misoprostol, the second pill used to conclude the abortion, be provided under the care of a qualified medical practitioner. The majority of women who attain the abortion pill from Planned Parenthood take it on their own with little or no information about the possible dangers.

Various news reports released to the public recently claim Patterson had severe pain and bleeding on September 14 and went to the hospital later that day where they sent her home with painkillers. After she returned the next day with the same severe complications she died. Physicians at the hospital informed the Patterson family that their daughter had died after a massive infection caused by fragments of the fetus left inside her uterus caused her to go into septic shock. Holly Patterson's father had no idea that his daughter was pregnant or that she was taking the abortion pill.

This is the third death reported to the FDA since the pill was approved in the United States. Other reports state that women, after taking the abortion pill, have suffered from heart attacks, both mild and severe, life-threatening blood clots and infection, excessive bleeding, nausea, dizziness and respiratory distress.

After recent death caused by taking the prescription abortion pill, abortion foes argue it should be taken off the market before more deaths occur, while abortion providers and other activists' argue, although tragic, the death is unrelated to the pill and shouldn't be taken off the market. A recent poll was conducted at Castleton State College to get a campus reaction about the abortion pill.

When several Castleton College students were asked... **"What are your feelings about the Food and Drug Administration approved Abortion pill after an 18-year girl, Holly Patterson, died on September 14, 2003 a few days after receiving the pill from a Planned Parenthood clinic in California two days before?"** ...these were their reactions:

"This girl probably didn't tell the doctors she had taken this abortion pill when she went to the hospital on September 14th due to pain and bleeding. If she did tell them, however, it would be the hospital's fault in that they didn't take further action. There are plenty of warnings during the consultation before the pill is given. I don't think the pill should be taken off the market. I just think the users need to take it more seriously and if they are having complications to take those seriously, too," said a Castleton College junior who wishes to remain anonymous.

"The abortion pill, like any medication has risks and at 18, you should be made aware of them. I know many girls who use it without parental consent and the risk is there. We live in a Buyer Beware society, and as long as risks are placed on the label and doctors make patients aware of said risks, complications and possible interactions, it should remain on the market. If they ban it, girls will resort to ye old hanger method, which is much worse," said Meg Kuczynski, Castleton College freshman from New York. City.

"I feel that women who take the pill should be monitored better. Now women are given the pill and go home to go through the process. I feel that for a duration of the period after taking the pill women should remain in the clinic in case any complications take place," said Amy Cook, a sophomore from New Hampshire.

"Yes, I believe it should be taken off the market. It is obviously not a safe method for abortion. I feel that is a women chooses to take the life of an unborn child it should not be as simple as popping a pill," said another Castleton sophomore.

"No, I don't believe that the abortion pill should be taken off the market. I believe it is a less expensive solution than a clinical abortion. I do, however, think maybe it should be more monitored or studied more than it has. Nobody has all the facts on what happened the 18-year old from California that recently died so it is hard to form an opinion when you really don't know the exact details. With both abortions you experience pain and suffering, and as long as you have the proper medical attention and counseling that is the best they can do," said Michelle Morrison, a Castleton student from Fair Haven, Vermont.

"Yes, I think it should be taken off the market because it will prevent future deaths of women. There are a lot of other methods of preventing pregnancy," said a Castleton junior who wishes to remain anonymous.

Castleton's 2003 Women's tennis team. Photo courtesy of Paul Cohen

The New Face(s) of Women's Tennis

by Paul Cohen (Head Coach)

In sports, every team (except perhaps the Yankees, it seems) goes through a "rebuilding" period. I guess this is supposed to be ours. Five out of last years' six starters are not back on the courts this season.

Returning players Stef Coulombe and Amanda Begins, along with Lisa Maxham, who played two years ago for Castleton, and Laurie Albright, who played one year at Cobleskill, are the only players on the team with competitive intercollegiate experience. Joining them this year are Charlene Palfey, Vickie Eggsware, Heather Systo, Kathy McDonald, and Katarina DeKhan. George Kuhn is back as assistant coach. Senior Maggy McCarthy is on ready reserve (academic and work commitments are keeping her from playing full-time).

With such a new team, it might lead you to think Castleton Women's tennis is in for a tough season. Not if you ask these court warriors. As of September 26, the Spartan netters have earned a 4-2 record.

Castleton 5 - Russell Sage 4
The season started in a hurry on September 7, when Castleton went to Troy, NY to play Russell Sage. In a very close match, Castleton got its first win of the season, with only one player from last year playing for the team. In doubles, Castleton jumped to a 2-1 lead as the teams of Vickie Eggsware/Heather Systo and Lisa Maxham/Amanda Begins won their matches.

Charlene Palfey, playing her first collegiate match, took on the heat at the #1 singles spot and played a tough match against a strong Sage player. Playing at #2 was Lisa Maxham, who lost is a tough 3-setter. Laurie Albright shut out her #3 opponent 6-0, 6-0. Freshman Vickie Eggsware, also playing her first collegiate match, won easily at the #4 position. Rutland's Heather Systo managed to win a crucial first set tiebreaker to give her the deciding win for Castleton. Amanda Begins played #6 for Castleton.

Green Mtn. 5 – Castleton 4
Playing our ex-Mayflower Conference archrivals is always a battle. In a match that
Was decided by only a few points, Green Mountain edged us…this time. Castleton's four wins came from Laurie Albright and Vickie Eggsware at the number three and four singles spots, and the teams of Eggsware/Heather Systo and Lisa Maxham/Amanda Begins in doubles.

Castleton 7 – Johnson 2
Playing without two of our three returning players, Castleton defeated Johnson, but three of the matches were very close. Charlene Palfey won at the #1 singles position 6-3, 6-0. Vickie Eggsware and Heather Systo gave up a total of only three games between them in both of their #3 and #4 matches. Katarina deKhan, playing for her first time at the college level, won a grueling 7-5, 7-5 match. Amanda Begins won at the #6 slot 7-5, 6-3.

In doubles the teams of Palfey/Albright, at #1 and DeKhan/Begins at #3 won their matches.

Castleton 5 – MCLA 4
In another match that could go either way, Castleton played very tough and held on for a 5-4 victory. MCLA's #1 player is the former MA state champ and only lost once last year. Charlene Palfey put up a tremendous battle in a tough 3-6 first set, but eventually succumbed to the heavy topspin MCLA's Julia Kowalski was delivering. Vickie Eggsware, Stef Coulombe and Heather Systo won at singles, and the teams of Coulombe/Lisa Maxham and Eggsware/Systo got the two points Castleton needed in doubles.

Castleton 9 - Lyndon State 0
In a very one-sided match (Lyndon was a player short, and sustained injuries to their number one player), Castleton dominated, giving up only 16 games in 9 matches.
Winning for Castleton were Charlene Palfey, Lisa Maxham, Laurie Albright. Stef Coulombe, Vickie Eggsware, and Amanda Begins.

Plymouth 8 – Castleton 1
NCAA Little East powerhouse Plymouth came to town ready to play. Caslteton put up an awesome fight, stretching many games to deuce, and nearly winning two doubles matches, but Plymouth was just too strong this year. Playing perhaps her best set ever, Freshman Vickie Eggsware stunned Plymouth's Meg Sowers with a 6-1 first set win. Sowers raised the level of her game and came back strong in the second set, winning 6-3.
The third set was decided by a tiebreaker, and Eggsware served strongly to emerge with Castleton's lone victory. We'll see you again next year, Plymouth.

Over my twelve years of coaching tennis here at Castleton, I've been fortunate enough to have teams with superstar players, and that's great. This year, we may not have the superstars (just a few in the making), but we have a great TEAM, with a lot of good players. Everyone gives 100% on the courts and in the end, that's all that matters.

Since Castleton left the NAIA in 2000, women's tennis has not had a conference tournament in which to play. We're hoping to either have one more school with women's tennis in the North Atlantic Conference, or perhaps we'll join another conference just for tennis. To culminate this season, we'll be co-hosting the Vermont Collegiate Invitational tournament the weekend of October 25-26. Come on out and see the new (and returning) faces of Castleton tennis!

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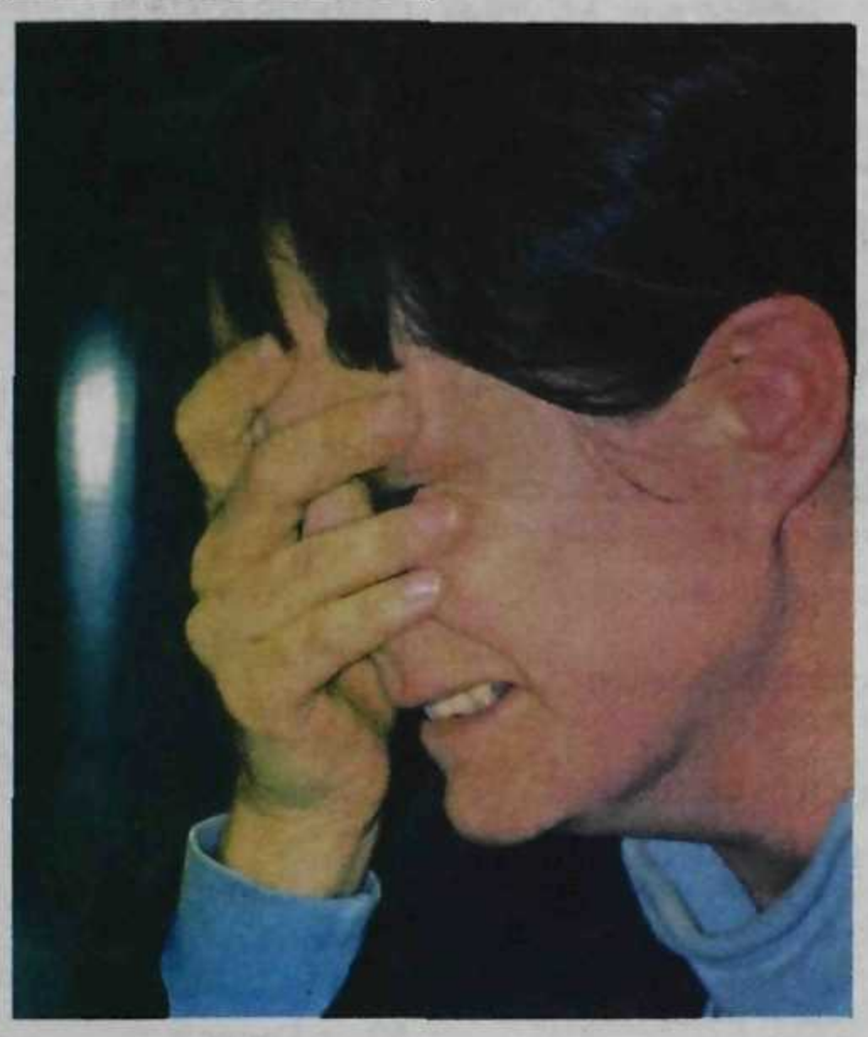
The Cairn

Castleton State College | November 12, 2003 | Free

Journalism Students Perfect Interview Skills in Ethic's Class

By Scott Lamphear



Frieda Toth helped the journalism students gain a valuable experience through her talented acting abilities. Photo by TJ Hooker

"*He was a good kid,*" *cried* the mother of teenager Robert Tyler, who had recently died in a car accident. The reporter, sitting across the table, tried to console the grieving mother. Using compassion, the reporter was able to get material for a great story.

The preceding scenario was just one of three fictitious situations that students in Professor Dave Blow's News Media Ethics practiced with Frieda Toth, an actress with experience in grief role-playing. The exercise was designed to help students to learn to use compassion in their interviewing, especially in situations dealing with those who recently lost a loved one.

In the first scenario, Jessica Bass interviewed Toth in the role of a mother who grieved the loss of her son who died in a car accident shortly after getting his driver's license. Although the mother cried throughout the interview, Bass was able to comfort her, and, in the process, get a great deal of information to use in a news story.

In the second scenario, Betsy Parks interviewed a woman who referred to her son as "a little hellion." The boy had been living with his father and the woman did not speak kindly of either the boy or his father. Rather, instead of consoling a grieving mother, Parks had to deal with an angry woman who acted rather indignantly toward her. Parks remained calm in the face of an angry mother. As in the first scenario, Parks was able to get information for a good story.

In the final scenario, Ryan Barry interviewed Toth in the role of a woman who was reluctant to talk because of her overwhelming grief for her dead son. Barry was both persistent and acted sympathetic towards the subject and was able to get information for a good story.

Toth acted very convincingly in all three roles. Toth has acted for a while but she is not a professional actress. She has worked in community theater and obtained experience in "grief role plays" when she worked for a hotline in preparation for talking to grieving people. She also worked as a reporter for a year, so she has experience in interviewing.

Blow said he got the idea for the exercise from an article he read while getting his master's degree, which told of a professor doing a similar activity with his students. "I feel strongly that compassion is a major part of journalism," he said. He noted that dealing with grieving parents is one of the hardest assignments in journalism, but "also the most powerful, with great potential for stories." Blow added, "If you can get [interview subjects] to open up, you can get great stories."

Bush's Abortion Bill Sparks Debate

By Linday Hale

In the beginning of October a bill was in the senate to ban what has been known as partial birth abortion, which for years has been the center of debate over women's reproductive rights. President Bush promised to sign the bill the minute it hits his desk. And opponents say they will immediately challenge the court.

In the past, the partial birth ban had been twice vetoed by President Clinton. Critics believe that the partial birth ban was part of a larger agenda to undermine the 1973 Supreme Court decision Roe vs. Wade. "It's an attempt to whittle away at a woman's constitutional right to her privacy and control of her body," said Representative Louise Slaughter D-NY.

Democratic presidential candidate Howard Dean, who himself is a physician said that it is the women who need the procedure whose lives were put at risk by the senate vote "As a physician, I'm outraged that the Senate has decided it is qualified to practice medicine," he also mentioned that this legislation "will endanger the *lives of countless women." On the* other hand Senate Majority Leader, Bill Frist of Tennessee, a heart surgeon, said the ban would save the lives of thousands of soon-to-be-born babies. "I can say without equivocation that partial birth abortion is brutal, it is barbaric, it is morally offensive, and it is outside the mainstream practice of medicine," he said.

The bill was passed 281-142; Bush's signature would make it the first federal law passed since Roe vs. Wade in the 1973 to restrict specific abortion procedure.

Some 30 states have different versions of the partial birth bans and most opponents have successfully challenged those laws. The most successful, in 2000 the Supreme Court *on a 5-4 vote, ruled a Nebraska law* was unconstitutional because it did not have an exception for the health of the mother, it was also very vague by not saying which procedures were prohibited.

Partial birth is executed in the second to third trimester in which the fetus is killed after the entire fetal head is outside the body of the mother, *or in the case of breech of presenta*tion, "any part of the fetal trunk is past the navel is outside the body of the mother." Now that the ban has been passed doctors who would to perform the procedure would have to serve up to two years in prison.

Defenders of the procedure say it is sometimes the safest way to protect the health and future fertility of the mother when the abortion is found to be necessary during the second and third trimester of a pregnancy. Both sides agree that the symbolic importance of the ban would be enormous. Anti-abortion activists say that the decision would give more momentum towards other limitations of abortion, while abortion rights groups say the ultimate goal is to erode support for that 1973 decision on abortion rights.

In a recent mass e-mail sent out by the Cairn's news editor, Lindsay Hale, to the Castleton College student community students were asked to respond to:

Senate has just passed a bill to ban partial birth abortion which is done in the third or second trimester usually when the women can no longer carry the child due to complications. The president has not yet signed the bill but he said that he would upon completion. there is no room in this ban for medical consideration and if a doctor were to do the procedure he would spend up to two years in prison.

"Maybe we should ask President Bush if he thinks that killing two people (both mother and child due to a risky pregancy) is morrally better than just *killing one," a CSC student responsed.*

"Its about time. I have read the procedure for partial birth abortions and its horrible."

Several of the student responses are being kept nameless due to the controversial matter. Continue on page 3

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Castleton State College

By Greg Porter

Greg.Porter@castleton.edu

XXL Campus Chat

By Michael Biancosino

"How do you feel about the incident that happened on Halloween weekend at North Road, Castleton involving the many students who were given drinking citations, as well as being put in jail for the night?"

"I can't believe how mean and cruel these officers were to all of us. They act like we don't have rights by, literally, pushing us around, saying cruel things to us, and sometimes even going as far as hurting us. Many of time, the police step way over the line and they always get away with it. It isn't fair," Timothy Speca, freshman.

"I am of age but a lot of my friends are not. The cops were being too forceful and not very appropriate. They were literally ripping kids by their shirts. I watched them administer the breathalyzers, and the three cops that were doing it did not change the plastic tip with each new person breathing on it. There were a lot of things they did that I feel were not fair. I also watched a friend of mine get handcuffed because he reached in his back pocket for his wallet, and the cop told him he was lucky it wasn't a gun. Cops need to get real. Its like they had nothing better to do with their time. I actually heard cops fighting about who was going to take the keg. It seems to me they had too much enjoyment in breaking up a Halloween party where people were minding their business just trying to have fun. I feel the cops did a lot of illegal things and no one should get in trouble," Stephanie Monks, sophomore.

"Castleton State College is a great college, but I regret to say that I am leaving because I am sick and tired of many issues that will not go away. North Road was the needle that broke the camel's back. I am 21 years old so I thought I had nothing to worry about, but I was wrong. When trying to leave the house I was hassled and assaulted by the police. I was reaching in my pocket to give the police my ID they pushed me and started screaming in my face. My girlfriend for bumped in the process and now she has a bruise running from the bottom of her shoulder to her elbow. It isn't fair that we must be put through this. CSC is also a culprit because they allow this to happen by letting undercover police into our dorms and homes. If I can't feel safe in my own dorm, for the same reason, then it is my time to leave this place. I've told all my friends to never apply here, and I've already put applications to different schools. I hope CSC realizes that I am not the only one who is discouraging students from coming here, because I know a lot of people who have done the same. The police need to realize that they can't treat people the way they do, and CSC needs to stop letting the police have so much power inside the campus," an anonymous student.

"The way the police treated the underage drinkers that were at the party on Saturday was unacceptable. Besides the verbal abuse that the students were being subjected to there was also students being pulled by their hair, arms, legs, and shirts out of rooms. The police treated me with respect, however I am 21. I know the law, if you are under 21 you shouldn't drink, but let's think about this: You are on a college campus, in a college town, so it's going to happen. I think the police should treat underage kids with a little more kindness. I mean these kids are already scared enough about getting a citation," Andrea Smith

"The incident that happened on North Road was to be expected. We re college students and most of us enjoy drinking. The cops did their job and as much as it seems unfair we just need to understand the consequences of our actions. Trooper Wilborn was very polite and made the situation much calmer then others. Basically, it is just another story to tell our kids when we get older," Jenn Gessner, senior.

Got a Campus Chat idea? Call us at ext. 6067 or e-mail us at cairn@castleton.edu

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Jessica Dewey
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ROAR!!!
EXCUSE ME?
HUH?
ARE YOU THE BELLBOY?
ME?
GOOD. TAKE MY BAGS, PLEASE.
I CAN'T TELL YOU HOW GOOD IT FEELS TO GET OUT OF THE HOUSE. THE KIDS WERE DRIVING ME CRAZY!
AND DON'T EVEN GET ME STARTED ON THAT POOR EXCUSE FOR A HUSBAND OF MINE!
ROACH MOTEL

News

Castleton State College

Debate Over Partial Abortion At Castleton College Continues...

'I feel that President Bush has a good idea with trying to do away with partial birth abortions, but i also feel that by doing this, he is going to make way for more restrictions in the abortion laws. The bill needs to be tightened up language wise so that all other early detected pregnancies could still be terminated upon the mother's request. Taking away this right to a woman is unconstitutional, at least in my opinion." Molly Harrington

"Wonderful news and hope for total banning on all forms of abortion. I don't understand how anyone cannot see abortion as murder. Just think what the nurse must feel when he/she has to gather the dismembered body of the aborted fetus. Only 3% or so of abortions are for the women's health. The rest are for birth control purposes. Sickening, isn't it?
Murder prevents life." Jeffery Jennings

"I think partial birth abortion is nessecary in some circumstances. If a woman is raped and doesn't want the kid or if the kid is going to be born severely retarded or with a birth defect that could mess up its life, then an abortion would be appropriate. I don't think that it's our government's business to get involved with these moral issues and make decisions for everybody regardless of circumstances behind the woman getting an abortion. If the government thinks it is their business then 1.) It further contradicts the fact that we are supposedly a "free country," 2.) The government has too much free time on their hands and won't focus on the issues that it should be really focused on, such as helping the economy and more efficient government spending than on pointless wars." Nicholas Lee

"I don't believe the partial abortion ban should be passed. While I do not think this operation should be used as a birth control method, it should be an option if a mother is having complications. Rather than risking the life of the mother and having the possibility of a motherless baby, the partial abortion procedure should be an option when medical professionals deem it a consideration. Ultimately the choice should be the parents'; however, a choice should remain. Overall, I beleive in parents' rights to choose; therefore, I am concerned as to when the banning will stop, if this ban goes through."
Amanda Murgido

In 1993 Brenda Pratt Shafer, a nurse with 13 years of experience, was assigned to an abortion clinic by her nursing agency. She was "very pro-choice" at the time.

Ms. Shafer recalls, "The doctor delivered the baby's body and arms, everything but his little head. The baby's body was moving. His little fingers were clasping together. He was kicking his feet. The doctor took a pair of scissors and inserted them into the back of the baby's head, and the baby's arms jerked out in a flinch, a startle reaction, like a baby does when he thinks that he might fall. Then the doctor opened the scissors up. Then he stuck the high-powered suction tube into the hole and sucked the baby's brains out. Now the baby was completely limp."

Ms. Shafer never returned to that clinic after witnessing her first partial-birth abortion. What she saw was the culmination of a three-day process that *ends in the death of a baby just inches* from his or her first breath of fresh air.

For years, supporters of partial birth abortion have heralded it as rare and often medically necessary to save the life of the mother. In fact, the Physicians' Ad Hoc Coalition for Truth (PHACT) - a group of over 600 physician-specialists - said, "We, and many other doctors across the United States, regularly treat women whose unborn children suffer these and other serious conditions. Never is the partial-birth procedure medically indicated."

The American College of Obstetricians and Gynecologists says, "There are no circumstances under which this procedure would be the only option to save the life of the mother and preserve the health of the woman."

Likewise, in 1995 a panel of 12 doctors representing the American Medical Association voted unanimously to recommend banning partial-birth abortion, calling it "basically repulsive."

Former Surgeon General C. Everett Koop says partial-birth abortion is "never medically necessary to protect a mother's life or her future fertility. On the contrary, this procedure can pose a significant threat to both."

In fact many have misled the public into thinking that this medically unnecessary procedure is rare.

In 1997, Ron Fitzsimmons, the executive director of the National Coalition of Abortion Providers, admitted that he had "lied through [his] teeth" about how often healthy mothers abort their healthy unborn children. He told The New York Times, "In the vast majority of cases, the procedure is performed on a healthy mother with a healthy fetus that is 20 weeks or more along" (2/26/97).

Mr. Fitzsimmons estimated that between 3,000 and 5,000 babies are aborted at or after 20 weeks of development using this procedure each year. Statistics gathered since 1997 confirm that claim, showing that the procedure is performed thousands of times each year.

At 20 weeks of development, the baby has already developed his own heartbeat, blood type, brain waves, fingerprints, skeletal structure, taste buds and nervous system. Before he even sees the light of day, he rests and laughs and reacts to his mother's voice. He moves and kicks and cries and even dreams.

Until partial-birth abortion ends his life. Painfully.

Despite what supporters of partial-birth abortion claim, the unborn baby feels every bit of pain you and I would feel if something were stuck through our skull. His heart would stop just as ours would. And he would literally be robbed of his dreams.
-William Lamb

"Years ago, my grand mother was diagnosed with teberculosis. At the time, there wasn't a cure for TB and only experimental drugs existed. When my grand mother was diagnosed, my mother had already been born and my grand father worked most of every day. My grand mother was told that if she tried to keep the baby, she and the child would most likely die. The desease would have taken her life and the childs life because my grand mother did not have the strength ro rid herself of the disease with a child within her. She went to every specialist that they knew of, she took every drug that was available and had an abortion. My grand mother is still with our family today because of two things: One of the experimental drugs worked.The other other reason that my grand mother survived was because she had the right to choose and she had an abortion. When she had the abortion, she was informed that she would not be able to have any more children. My grand parents planned to have many more kids after my mom, but they made the decision to have an abortion. She would have died years ago if she hadn't have had the right to choose. Women should always have the right to choose."
-James A. McQuerrey

"My opinion is that women *should have the right to abort under* strict circumstances. Too many young men and women today are not practicing safe sex because they know they have abortion as a saftey net. People need to take responsibility and either refrain from sex, or start practicing safe sex. However, I believe that some circumstances such as, unwanted pregnency due to rape, or if there are serious health risks involved for the mother or the child. Those cicumstances should be clearly outlined. I am not exactlly sure what the bill says that the president might sign. But it should say that there can no longer be abortions just because someone doesn't want a baby. There are thousands of families that are willing to adopt and love healthy and even sick babies. I think that the bills should be amended as stated above but the President should sign that bill."

"I believe that it should be a woman's right to choose, especially if her health is going to be compromised."
-Bianca Rotmil

"The proposed ban is disgusting. I can't believe that politicians would endanger the lives of American women to gain political support. Regardless on your opinion about abortion, this ban on partial bith abortion is a threat to all women. Whoever has control over a woman's reproduction has control of the woman, and if this proposed ban is made legal, a woman will lose control over her reproductive rights."

-Marissa Hunt

"To be honest with you this new bill that is up to be passed, puts a lot of women in danger. Not just physical but also those rights that once were ours are being diminished. What right dose the Bush have to determine what is medicaly correct. Is he a physician? Does he even care, or more or less what is his base to justify such a decision? Is it that an underdeveloped fetus is being killed? Where as a fetus if it where to stay in the uterus would die along with the mother, and if it where to survive outside and develope correctlly would be a medical miracle and something yet to happen. What is our fearless leader thinking?"

"I believe that the partial birth abortion ban is the absolutelty right thing to do. I f you have seen the procedure described in detail, it would make you physically sick. To think that that sort of procedure for ending an innocent life is acceptable, is outrageous to me. I am the mother of two children and I have had complications in pregnancy with my first, however, I would never consider murdering my child for my own safety."

"I am estatic over this! Abortion is a terrible practice which often hides under the facade of being in the best concern of both the baby and the mother. Putting "morality" aside, Abortion takes the right of life away from an innocent child, while often hindering the mother emotionally later on. Often, the mother will feel extreme guilt and remorse, with no one to turn to. In today's age, I have no doubt that children will be born to parents who neither have the financial means or maturity to properly rear a child. However, in such circumstances, it is a much better solution to *offer that child up for adoption to a* couple who desperately wants a child - a very common scenario in the United States today. It may be difficult, but, when in comparison to the reality of abortion, the pain in the long run will be much more mild."
- Christy Howe

"I totally agree that there is no place for this so called "partial birth abortion". How many of these proceedures are performed each year because all of a sudden the woman decided " Oops, I made a mistake!" rather than have a valid medical reason? This is just one more step toward the overturning of Roe -v- Wade. Opponets of Roe -v- Wade site the thousands of "children killed" each year when abortions are performed. Prior to Roe v Wade how many women died having illegal abortions!!!!!! Women will do whatever is necessary to rid themselves of an unwanted pregnancy. How many babies are abandoned each year currently because of restrictions placed upon obtaining an abortion (ie must have a parents consent prior to abortion or have manditory waiting periods before obtaining an abortion). How many more women will die if Roe -v- Wade is overturned? If Roe -v- Wade is overturned how long before society bans the use of the birth control pill, after all isn't that killing the "child" by preventing the fertilized egg for attaching to the uteran wall? Isn't that the next step on this slippery slope?"
-Jennifer Durham

"Abortion is murder."
-Nathan Williams

"I am very angered by the fact that the government is taking control of this very private proceedure. As you stated, it is done by a doctor in the second or third trimester, and can be quite a devistating decision for a woman and her family. The government is overstepping the boundary of their purpose and once they have their foot in the door regarding partial birth abortion, you can bet it won't be long before they try to control all aspects of abortion."
Mikelyn Stewart
Secondary Ed Graduate Student

"I feel that this is only the beginning of Bush's plan to pick away at woman's reproductive rights. We need to vote him out," Shannon Lowcock

News

Castleton State College

Meet Some of Castleton's New Class Officers

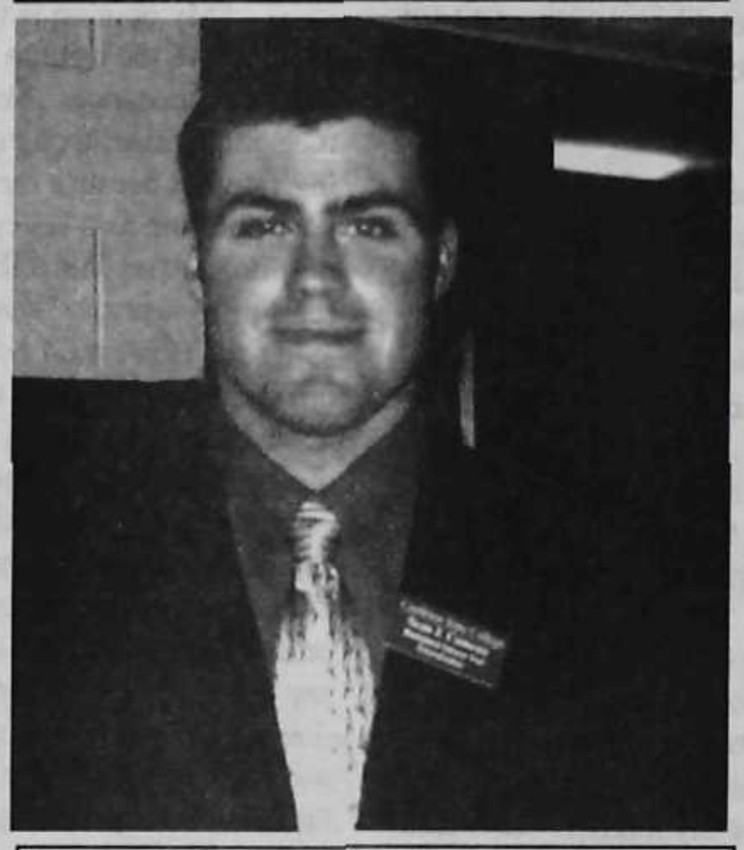
Photo's By Rebecca M. Becker

Senior Class President: Jenn Gesner. Communications/Public Relations

Senior Class Vice President: Maggie McCarthy. Communications/Mass Media

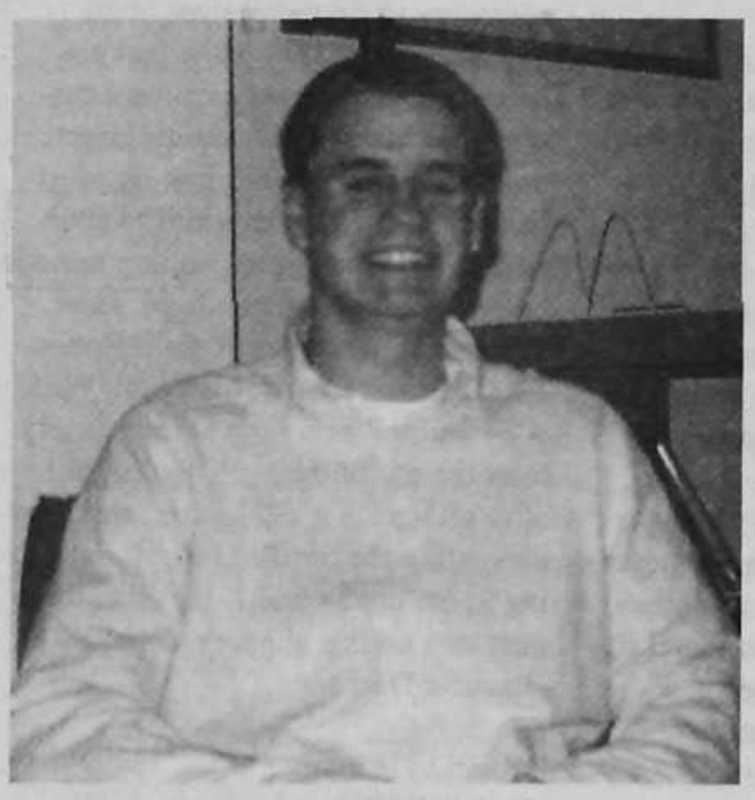
Senior Class Secretary: Aylssa Mease. Forensic Phycology

Senior Class Treasure: Elizabeth Hanafin. Communication/Photography



Junior Class President: Sean Comeau

Sophmore Class President: Adam White.



Freshman Class President: Ian Paradee. Criminal Justice and Forensic Phycology

Freshman Class Secretary: Anna Lary. Nursing.

Freshman Class Treasure: Kim Dickison. Natural Science and Criminal Justice.

Other Class Officers Include:

Jennifer Brown: Sophmore class vice president. Elementary Education.

Mehgan Campbell: Sophmore class Secretary.

Ann Curti: Freshman class vice president. Elementary Education.

"If I was President of the Junior Class, I would like to raise money for the class. We do not have a very large budget for the upcoming events and I would like to add more to that program. I have a history of raising money for the Career Fair and feel I would do a great job raising money for class. I also want to get the class more involved with things that are coming around campus. We do not have a very active class when it comes to extracurricular activities and I would like to see the student body take a more active role in the school social life." -Sean Comeau-

"I'm a freshmen, but I have visited many other colleges. From these visits, I have gathered information about their school and their surroundings. Some things I plan to do is create a recycling program for each residence hall floor. This way, instead of throwing away cans and recyclables, they will be put where they belong. I would like to organize more fundraising for the freshmen class so we can collect money for future projects. I will organize community service projects. I will ask around and see what other people would like and do my best to get that done." –Ian Paradee

News

Castleton State College

After Drinking Take a *Safe Ride* Home

By Renee Bishop

For those students who do not know, Castleton's Safe Ride program has a new phone number, 468-1472. Safe Ride is an organization that provides an alternative mode of transportation for people who are either too intoxicated to drive, who are stuck in some kind of sticky situation at a party, bar or club, or whose car has broken down.

Safe Ride runs in the areas of Castleton, Rutland, and Killington. It is now protected by the Senate and can function forever as long as someone is always interested in running the program. Laura Hain is currently the student in charge of Safe Ride; the advisor is Deb Choma who has been involved with the program for most of her time at Castleton.

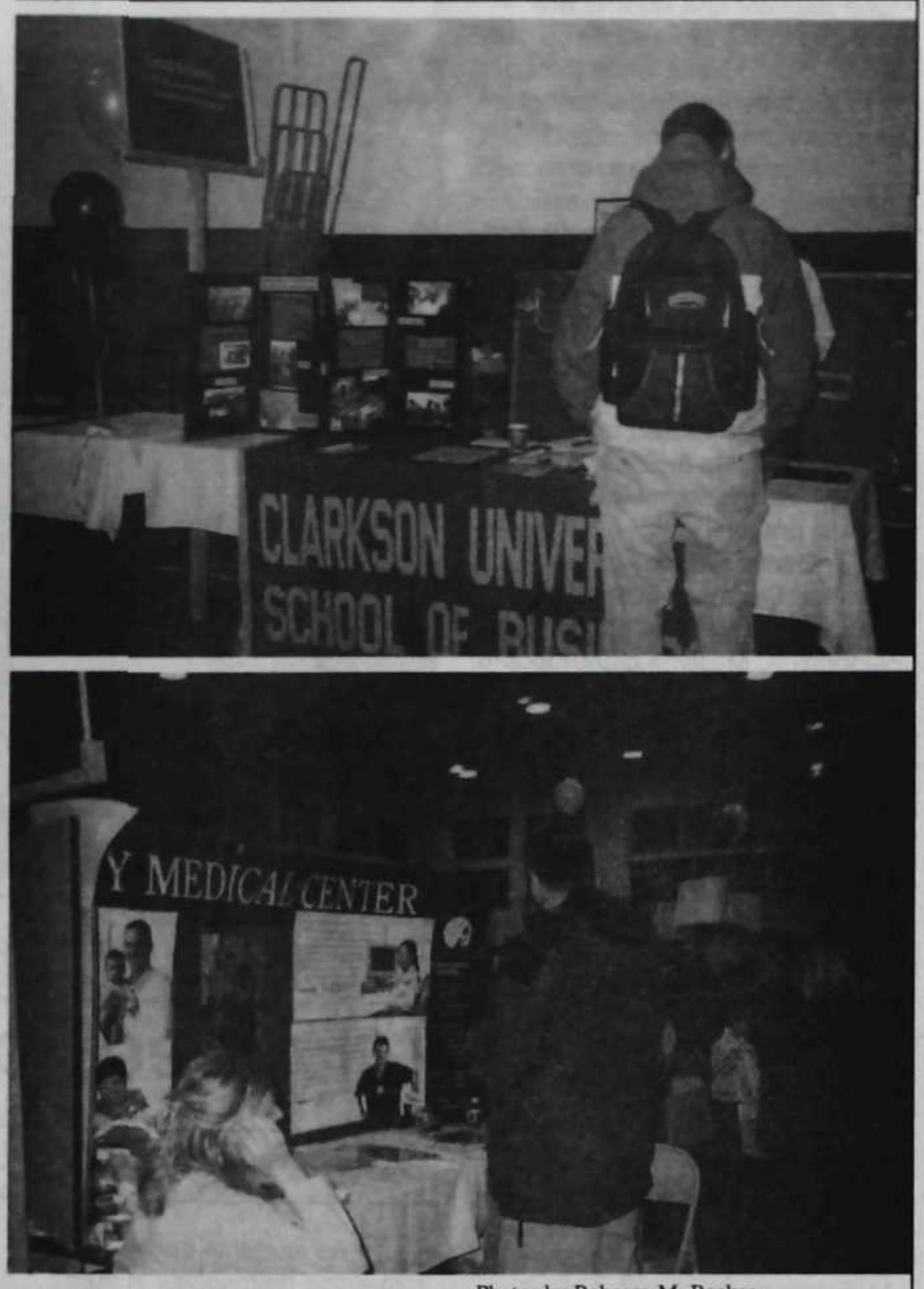
"Safe Ride has had a positive change on campus," said Hain. "We don't, however, drive them from party to party, because it encourage people to drink more." Safe Ride will drive students and faculty from parties and bars back to campus or their houses, but will not drive people to other parties. They run from 10:00pm to 2:30am on Thursday, Friday, and Saturday nights.

Safe Ride can be found on the Castleton website at the wellness center page. Those who volunteer with Safe Ride are in the process of making new sweatshirts and tee-shirts as forms of advertisements. They are also planning on making magnets with the Safe Ride number on them in order to get more students to choose this safe form of transportation. To help more students they are also trying to get a cell phone so those looking for a ride are guaranteed to get a hold of someone on duty. This number will be advertised soon across campus.

Safe Ride's only objective is to keep the Castleton community safe. They currently have about 42 volunteer members. Those who are interested in helping drive for Safe Ride or have any questions can call Deb Choma at 468-1313 or Laura Hain at 468-1174. Those who need a safe ride home don't forget to call 468-1472 and protect yourself as well as all those around you.

Have something to say? E-mail the Cairn at Cairn@castleton.edu or call us at ext. 6067

Career Fair A Success



Photos by Rebecca M. Becker

548 Castleton College students poured into the gym on Wednesday November 5, 2003. Among the several businesses and graduate schools that came to Castleton were Quinnipian Law School, Rodger and Williams University, American Peace Corps, and many more. **Vanessa Perkin**s, A Castleton employee, was voted ***Mac*** of the semester by Colleen Rupp a first year education major. She works hard to keep Ellis Hall clean, and always says 'hi.' She also has to put up with a lot of grossness.," said Rupp.

Soundings Witnesses Whirling Dervishes

By Mike Trzciensky

On Thursday, October 23, Soundings was treated to the Sufi Muslim tradition known as the Dance of the Whirling Dervishes. A Dervish is a devotee of the Sufi Muslim religion that live in groups called Brotherhoods. They are somewhat similar to Christian Monks. Different orders may either travel as wanderers or settle in monasteries called tekkes or khanagahs. Other Dervishes may live outside of a group and only perform the ceremonies on specific occasions. The Whirling Dervishes were founded in 1273 by followers of the poet Jalal al-Din Rumi.

The group was made up of three musicians and the whirling Dervishes. The ceremony began with the musicians describing some of the customs of their religion and providing us with some of Rumi's poetry. They then introduced the Dervishes who promptly began their incessant whirling. It was really pretty impressive and mesmerizing. It is always a good thing to be exposed to different cultures and that is what made this Soundings event rewarding for all who attended.

Halloween Party Busted

The following story and views presented are of the writer only, and are not meant to reflect the views of the Cairn or it's staff. -The Editors

By Corrine Casella

Warm keg beer, five dollars at the door, lines to use the bathroom, a good time. These are the things most students think of when they hear about a party. At one time or another most college students have been to a house party. I as a college senior have been to a countless number. The worst I thought could happen was that they might run out of beer, that the next day I might end up in a place and not remember why, and maybe the occasional run-in with the cops. Boy was I wrong. After speaking with Chief of Castleton police, Gary Boutin I know see that the risk outweighs the fun.

"I need to get the message across, although it may be fun, it may be cool (to have a party) but how would you personally feel if you supplied alcohol to a minor and they got into an accident or died. You wouldn't be able to live with yourself." Boutin, a retired Deputy Sheriff and former detective, has been working for the Western Rutland County area for fifteen years. He has seen many deaths related to underage drinking and is tired of it. He and the rest of the Castleton police have made busting underage drinking their first priority. They now use a pro-active, stop it before it happens, method of law enforcement "I have reasonably accurate information that Castleton has given more citations out to minors for drinking than most around. It is now a high priority. If we as police officers know about a violation and choose to ignore it we can be arrested or fined as well. We are required to enforce the law."

During our interview I found out some alarming information. If a renter or owner of a house charges minors at the door to drink they can be found guilty of enabling. If convicted they will be fined no less than $500 and no more than $2,000 or imprisoned not more than two years or both. The people responsible for the party can be charged separately for each person found drinking that is under the age of 21. For example if a party was thrown and 37 citations were given out to minors, those responsible would be charged with each count. If that same owner was also responsible for supplying the beer, i.e. buying the kegs, they could possibly be charged with 37 separate counts of enabling and 37 separate counts of furnishing.

Perhaps more disturbing is the responsibility party throwers have over their partygoers. If someone walks or drives away from a party and is killed or injured, the ones in charge of the party can be charged with a five-year felony and fined $10,000 or both. The same punishment applies if someone drives away from a party and kills or injures someone else due to their drunkenness. There is also the risk of the injured party and their family suing those accountable for the party.

It seems like a lot of trouble for a Friday night of fun. As officer Boutin said, he has no problem with college students having a good time just be responsible. Make sure if you are going to throw a party everyone in attendance is of legal age. When it comes to leaving take your friends keys, you're saving their life and the lives of others. Boutin's last words on the subject were two questions, "Is it worth losing your life and liberty to be an under aged drinker and is it worth it having a record that could potentially ruin the rest of your life."

Weekly Cairn meetings are held every Tuesday during n-period (12:30) in the library lounge.

Features

Castleton State College

The Fast of Ramadan

By Rebecca M. Becker

Glory be to Allah who sent Ramadan as a mercy to mankind. It's a purification of our soul, our heart, and our mind. With the most sincere devotion and love we fast. To be cleansed and free from sins of the past. By Noor Syed

Beginning at the breaking of dawn, and ending at the setting of the sun Muslims all over the world engage in the month long obligation of Ramadan by fasting, reading of the Quran, giving to charity, purifying one's behavior, and doing good deeds. For Muslims, Ramadan is not considered a holiday, but a chance to gain by giving up, to flourish by going without, and to grow stronger by enduring weakness.

Ramadan is the ninth month of the Muslim calendar. It is believed that the month of Ramadan is recognized, because it marks when the Holy Quran was sent down from heaven. This was meant to represent guidance unto men, a declaration of direction, and a means of salvation. After the Quran was sent down from heaven, the angel Gabriel appeared to the prophet Muhammad in Mecca, and asked Muhammad to read the verses from the Quran. But, Muhammad couldn't read. The angel Gabriel then taught Muhammad how to read. Once Muhammad was able to read the verses from the Quran he chose to memorize them. These revelations continued for ten days. The first revelation, according to Islamic scholars, took place on the 27th day of Ramadan, also referred to as Laylat-al-Qadr (Night and Power). It is said and believed that on this very night God determines the course of the world for the year ahead.

The last ten days of Ramadan are a time of special spiritual power as Muslims try to come closer to God through devotions and good deeds. Muslims, however, are just as obedient throughout the course of the entire month of Ramadan.

In hopes of coming closer to God, Muslims fast for the entire month from dawn to dusk. Fasting is a way of experiencing hunger and developing sympathy for the less fortunate, and learning thankfulness and appreciation for all of God's bounties. Smoking and sexual relations are also forbidden during fasting. Once dusk has fallen, Muslims often congregate with other Muslims to break the fast with prayer, and indulge in a special meal called the *iftar*.

According to the Quran, "One may eat and drink at any time during the night until you can plainly distinguish a white thread from black thread by the daylight: then keep the fast until night."

Muslims, although busy with their daily lives, spend several hours praying in their Mosque and reading, as well as studying the Quran daily. In addition to their daily prayers, Muslims recite a special prayer called the Taraweeh prayer (night prayer). The length of this prayer can extend up to three times as long as the daily prayers. Some Muslims spend the entire night in prayer.

On the first day of the month of Shawwal, Ramadan is over and the fast has ended. In celebration, Muslims gather together and rejoice for three days in a holiday called Id-al-Fitr (the feast of Fast Breaking). During the duration of the holiday, gifts are exchanged, and family and friends congregate together to pray and celebrate by pampering themselves with large elaborate meals.

Ya Ramadan, by Noor Syed

In the name if Allah, the most merciful, the most kind
A blessed month is casting its shadow upon us
A night of this month is better than a thousand months
Bear with patience for the sake of Ar-Rahman
It's a continuous training to strengthen our Imaan.
Glory be to Allah who sent Ramadan as a mercy to mankind
It's a purification of our soul, our heart, and our mind
With the most sincere devotion and love we fast
To be cleansed and free from sins of the past
Glorified is He, who choseth this holy month,
To test our sabr and fill our hearts with warmth of his Divine Light,
His blessings shall glow, the seer of the unseen, all he does know
Ya Allah! For thee, let my breath be more pleasant than musk
Ya Allah! For thee, let me be thankful when day turns to dusk
My thoughts and heart are purified, my eyes truly see…
This blessed month, the month of spiritual rhapsody!
Ya Allah! For thee, my life I shall live!
Ya Allah! For thee, my soul I shall give!
In the name of Allah, the most Merciful, the most Kind,
Praise be to Allah, who sent Ramadan as a gift to mankind

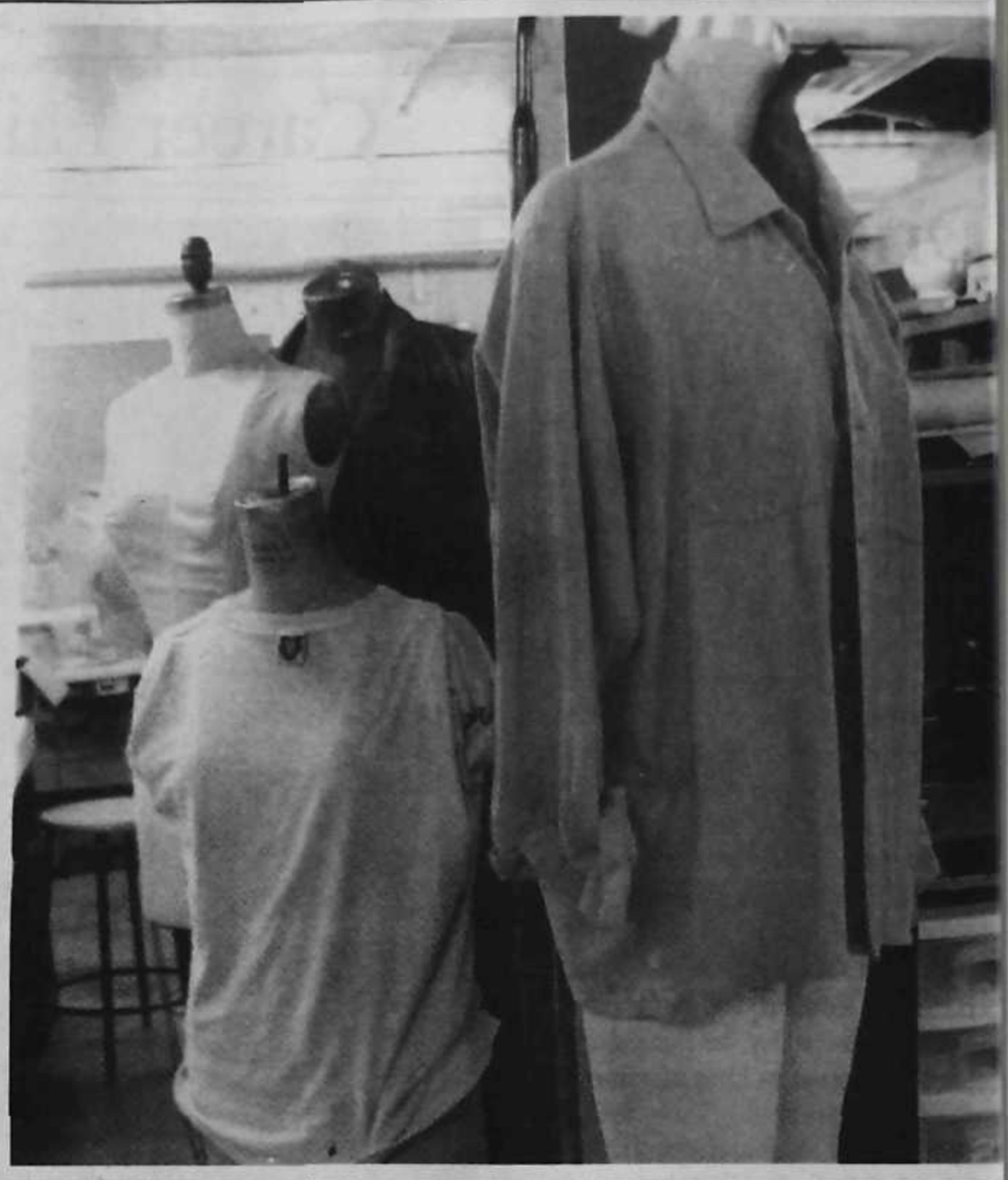


Photo By Aubrey Goad
The Castleton theater department costume shop is one of the many workstudy opportunities on campus.

Forced To Choose

By Jess Bass

As students begin fully immersing themselves in their studies late this fall many college students are forced to hold higher and sometimes more demanding priorities over their education. From far off campus part-time jobs that can hardly be called part-time to extracurricular activities that require hard work and plenty of hours of commitment, some college students are drowning into oblivion.

When a new student enters a college or university they are bombarded by the slew of activities that they "should" get involved with. Clubs, organizations, and athletics are supposed to be equally balanced by the student while also obtaining a full time college education. And somewhere amongst all of this, most college students must find time to work, making money merely to survive with.

Although all of this seems overwhelming to most students there are the select few that can balance it all out just fine. They are involved in everything on campus, head most of the organizations, and work a wonderful part-time job that just happens to pay more than usual. But for the most part, the average college student seems headed straight for disaster and plenty of migraines along the way with their daily schedules. Many students' right here in Castleton are forced to excruciating work hours just to make ends meet and pay their monthly rent and then find time to attend classes. Cory Thayer, a senior said "I work forty hours a week and go in each work day at four o'clock a.m. because I am paying my way through school and paying my rent." In Thayer's mind, he feels as if he just doesn't have a choice but to work to survive.

Whether it is long hours or being forced to leave every single weekend to work at home, students give up the things that they love for the sake of making money. Renee Bishop also a senior makes her self leave the comforts of the college and go home and work for the entire weekend because she said there are no jobs locally for her. Bishop said, "I was denied work downtown Castleton by John Rehlan." Bishop now drives home to Burlington on Friday's to work her old summer job at a movie theater for her resent raise of eight dollars and hour.

However, at Castleton there are a handful of work-study jobs that are located on campus where students can do a variety of jobs and get paid for it. Some of the jobs include admissions, media center, library, campus center and the costume shop. The only drawbacks are that they are granted on a need basis in a student's financial aid package and even if you are granted work-study, jobs disappear quickly. Heather Denardo, a freshman works in the costume shop below the theater because work-study was offered to her by financial aid. Denardo's minimum paying work-study job is currently her only form of income.

There are plenty of Thayers, Bishops, and Denardos all over Castleton and in every college and university. Too many college students are forced to make decisions that they shouldn't have to make. Deciding between work and their education there should be no contest. But so many students are simply forced to make this decision and at times jeopardizing their education. For something that is so valuable yet so expensive and time consuming, education is the ultimate goal and obtaining a degree for most students but always seems to fall short of the dollar bill.

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Health

Castleton State College

When Enough is Too Much?

By Allyson Stoodley

Do you know the signs of alcohol poisoning? Too many campuses have incidences where students drink so much alcohol that they pass out. This can be a sign of alcohol poisoning – a very serious condition. Do you know how to tell the difference?

If someone passes out and can not be easily awakened, check to see if they have cold and clammy skin and look pale. Check their breathing to see if it is normal and check to see if they have any bluish color on their lips or fingers. If they are breathing less than 8 or 10 times a minute they are in trouble and need medical attention. If ten seconds pass between any two breaths, please get them to a doctor. Also, if they vomit without waking up they need medical help. Do not think about what legal trouble anyone might be in and call 9-1-1 because the person could die. Turn the person on their side and wait for help to arrive. Do not leave the person alone.

CAS –College Alcohol Study (Journal of Studies on Alcohol, 2002.) found that about one in three college students meet criteria for an alcohol disorder. Information was gathered from 14,000 students from 114 four year colleges. 2 out of every five students regularly binge drink according to this survey, resulting in 1,400 student deaths, an incredible number of alcohol related rapes and assaults, vandalism and a dramatic drop in academics each year.

Moderate alcohol use can contribute to health problems. Alcohol interferes with nutrient absorption. Chronic ingestion of alcohol impairs the liver's production of certain digestive enzymes and therefore it is difficult or unable to absorb adequate fats and the fat soluable vitamin A, D, E, and K as well as thiamine and folic acid and other B vitamins. It is unable to digest proteins effectively which leads to amino acid deficiencies and produces a reduction in zinc storage. Problem drinking leads to problems with the pancreas, mouth, throat and stomach cancer, liver and colon cancer, high blood pressure, reduced testosterone and an enlarged heart that can lead to congestive heart failure. Moderate drinking consists of more than one beer or one glass over 5 oz per day.

There are many resources available if you are struggling with binge-drinking or alcoholism. If you think you might have a problem you can certainly visit the Wellness Center on campus or check the newspaper for local AA listings. Also the WEB has some great information online. One website that is resourceful and contains valid and reliable information is http://alcoholism.about.com It includes the 12 steps and a lot of current research. It is a great resource.

A Closer Look at Natural Highs

By Kathy DelSavio

Kathy DelSavio is a graduate student and intern at the Wellness Center. She will be doing an article in each issue of the Cairn discussing drug and alcohol awareness and prevention.
The ability to get high seems to be one of the greatest joys, as well as one of the deepest needs of human behavior. It can be defined as, "a state of sustained elation" or "a state of altered consciousness induced by alcohol or narcotics." Teenagers and college students experience this need with particular intensity, and their easiest mode of getting high typically involves the use of alcohol or other drugs.
Research has shown that teenagers and college-aged students who depend on drugs for their highs are likely to be lacking in their emotional, social, and intellectual development. The price of getting high is harm in function and development. A much healthier alternative to a drug high is a "natural high."
A natural high is a powerful and pleasant sensation caused by the release of chemicals in the brain, much like what occurs during a drug-induced high. Different people have different means of obtaining a natural high. Some examples of what may cause this phenomenon are: falling in love, getting an "A" on a paper, and going dancing. Another example is the "runner's high." Running and other strenuous physical activities can bring about a natural high, so can mental stimulation, and meditation or relaxation exercises. Natural highs are available to anyone, and the benefits are greater and symptoms last longer then a drug high.
For more information, check out the video, "Go For It! Natural Highs," available in the Wellness Center. This video shows real people, most of them former drug users, who have learned the rewarding nature of natural highs as opposed to drug highs

Drinking and Depression

Amanda Scott

Just when I thought that there could not possibly be another difference between the male and female genders, I was floored yet again. A longitudinal study presented at the Society for Epidemiological Research found that men who have problems with alcohol might eventually find themselves depressed. The opposite is true for women, in that they first find themselves sad, lonely and/or depressed. They may then turn to alcohol as a way to escape. The couple of hours or perhaps even a full evening of peace that alcohol seems to bring are just a temporary fix. The sad reality that is left to be faced after really getting to know your toilet and trying as many new pain relieving medicines for your crippling headache the next day is that your problems have not gone away. Although they may not have necessarily increased, they have certainly not dissipated, and are now that much harder because it is a chore to open your eyes.

As my research continued, I found that not only are women more susceptible as opposed to men, however there is a number to be tacked on to the spiraling downward cycle. First, she becomes sad, then isolated, and as the problems continue to increase the only sort of release is a mind-altering crutch. Women who are clinically depressed are 2.5 times more likely to develop problems with alcohol (dependency, abuse, etc.) than those women who do not suffer from depression.

Another serious mental illness is bipolar, and can be characterized by recurrent episodes of depression, mania and/or mixed symptom states. Women that suffer from bipolar have severe mood swings and are seven times more likely to have alcohol problems that those who are capable of maintaining their emotions. Alcohol becomes a quick escape from the problems that become too overwhelming. The momentary release becomes something that is depended upon to the point where it becomes more often than not.

Now ladies, this does not mean that for every Bud Lite you put back you should question whether or not you are depressed, however do ask yourself this question, "Am I drinking to wash away memories or make new ones?" If you are responsible enough to be aware of your state of mind and are able to seek help even if you are unsure, then I think it's safe to enjoy yourself. Some warning signs to look for that has been said lead to depression are: female relationship roles (boyfriend/girlfriend), work roles (this includes school), reproductive events or hormonal changes (your period and puberty), cultural settings, and victimization. Stressful life events have also shown to create a major depressive episode almost out of nowhere.

This does not mean that everyone that drinks is depressed or running away from something. In fact, drinking can be a great time. It is important to plan ahead of time, however, to save yourself for consequences that no matter how undepressed you may be; it may feel impossible to deal with the reality. Know who you are riding with both ways, walking to and from is always the safest bet, and if you plan on getting a ride home, or even driving, be aware of how much alcohol you or the driver will have that evening. Set a limit for yourself if you are out of your comfort zone, just in case your roommate decides to go home with someone else. If you are in control of the alcohol, you are guaranteed to let loose and have a great time.

A statistic to keep in mind is that 20% of the United States population suffers from mental illness each year. Rather than panicking and fearfully wondering if this means you, simply become informed. If there is any reason that you feel you have something to worry about, there are plenty of resources available.

The Wellness Center
Castleton State College
(802) 468-1346/

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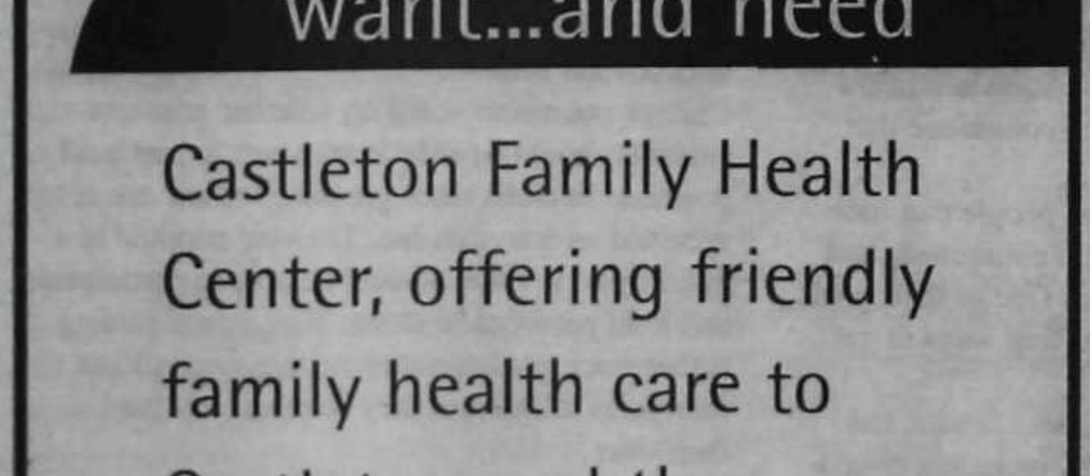

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Sports

Castleton State College

Castleton's Hockey Team's New Home

By Dale Schaafsma

After six years as a club sport at Castleton, men's hockey is now in its first season as a varsity sport.

According to Gregory Stone, Dean of Student Life and Head Coach of the men's hockey team, hockey became a varsity sport with David Wolk's commitment for excellence in academics and athletics at Castleton State College. Stone said he discussed the financial aspects of hockey becoming a varsity sport for men with Wolk.

The men's hockey team will be playing their home games this year at the Riley Rink at Hunter Park in Manchester. Last season the hockey club team played and practiced in Rutland.

The reason for the transition to the Riley Rink is the arena is a much better facility. The locker rooms at Rutland are small and poorly designed said Stone. The Riley Rink also has a larger ice surface. However, "the seating capacity of the place [Riley Rink] is about the same" [as Rutland], said Stone. Stone also mentioned that the standing area will allow a larger crowd capacity at the Riley Rink

"I've been involved with hockey most of my life," said Stone. Stone was a hockey player at the high school and collegiate level. He also has coached for 30 years, including being the assistant coach at Dartmouth College. In addition, Stone has refereed high school and college games.

The key for the men's hockey team is defense said Stone, as he eluded to the quote: "You can't lose a game if they can't score." Stone said the team has excellent speed and strength, but it will take a while getting used to the system.

Stone said he was "looking to get a school bus" or as many are necessary for students that were interested in traveling to the home games. The transportation cost would be approximately $1.

Castleton's Men's Soccer Team Scores Big

On Wednesay Novmeber 6, 2003 the Castleton's mens soccer team defeated the University of Maine, Farmington 3:1 in the North Atlantic Conference semi-finals. Jesse Brown scored 2 goals, and Luke Laroche scored 1 goal.

Women's tennis capped off a successful season the weekend of October 18 19 with an outstanding performance in the first ever Vermont Collegiate Invitatinal tournament held at Castleton State College and Grand Slam Tennis in Rutland, Vermont. They finished their season with a 6- 5 record.

Campus Happenings

91.3 WIUV FM Show Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday
8-10			(7:30-9:15) Sarah Caswel. Classic Rock		(7:30-9:15) Sarah Caswell. Classic Rock
10-12					(9:30-11) Lindsay Hale. Country
12-2			Jenn Boucher. Variety	Bureham and Ken Holmes. Local, Folk, Variety, and Rock	Tasha Turner. Variety
2-4	(3-4) Tsubasa Corey and David Fredrick. Variety		Jon Hoots. Rock	Gretchen Lips. Variety	
4-6	Seth Tuper and Tsubasa Corey. Variety	Pete Wilhousky. Alternative Rock		Pete Russell and Eric Landry. Punk, Hardcore and Ska	Jeff Elwell. Rock
6-8	Patrick Metro. Hard Rock and Metal	Daryl Luter. Hardcore and Punk	David Fredrick. Variety	Sean O'Brian. Jazz and Rap	Adam Parmenter. Variety
8-10	Tasha Turner. Alternative Rock	Mat Heagaty and Branden Gallagher. Hardcore	Adam Jessamine. CKY and more	Adam Fredirck and Thomas Crickard. Variety	Eric Blair and Stacy Yenter. Jam Bands and more
10-12	Andy Bouchard. Street Punk and Pink Floyd	Colleen Rupp and Meridith Cutler. Variety	Jessica Woodruff and Adam Howland. Punk, Hardcore and more	Nate French and Adam Rose. Diverse Alternative	MIchelle Harshbarger. Metal, Industrial, and Hardcore.
12-2		Mike Andews. Electronica	Ben Gregory. Regee and Jam Bands	Thomas Dukeshire and Brad Waterhouse. Variety	Jennifer Ovellete. Indie

	Friday	Saturday
8-10		
10-12		
12-2	(1-2) Judith Curruthers "Career Talk"	Mike Robinson. Electronica
2-4	Lorena Amadeo. Spanish Club Show	
4-6	Kate Bradleyfulo. Art and Alternative rock, and Techno	
6-8	Austin White, and Jesse Durona. Metal and Alternative	
8-10	Nick Jette, and Alvin Lee. Punk, Jam Bands, and Rock	Ryan Armiento. Underground
10-12	Taryn Reese, and Nick Lee. Rock	Ben Fox, and Mike Byrne. Raggse and Punk
12-2	Hannah Cornelius. Variety	Dan Wooding. Rap and Rock

Are you interested in being a DJ at WIUV?

All music genres are wanted and no experience is needed!! If you are interested in a spot, please e-mail WIUV@castleton.edu or, call Jess @ 468-2181!

SA Update

By Lindsay Hale

The SA held their first full-session meeting of the year on October 16. Attendees heard updates from members of each committee that was present.

Student Senate has most of the people that have applied for position assigned to committees and business has started to pick up. One of their goals for the next few meetings is to find ways to get the word out about Senate.

Safe Ride, a committee of Student Senate, has made numerous improvements, including obtaining a new phone number and its very own office. The new phone number is 468-1472. Safe Ride also has a new cell phone, making them easier to reach when they are out on the road. The cell phone number is (803) 345-9434. Safe Ride runs Thursday-Saturday from 10 p.m. to 2 a.m.

The Activities Board is quite busy trying to keep the campus entertained and busy. Plans for Winter Weekend are already underway and committee members are busy finding new ways to get more students to participate. Winter weekend is scheduled for the first weekend in February 2004. Jam Committee is working on preparations for their first big concert which is scheduled December 5. Wednesday night Coffee House attendance has been great and its organizers hope it continues. Outreach committee members are trying to get the word out on the different events through as many types of media as possible. Outreach also recently distributed via mailbox a flyer listing campus events. Outreach hopes students will hang the flyers like calendars

College Court has been busy lately conducting class elections. The Court reports a decent voter turnout.

College court also voted on whether graduate students should be able to take part in and hold positions in clubs since graduate tuition doesn't included an activities fee. The vote resulted in a majority of yes they should be able to participate and hold positions in clubs. The general feeling is that since graduate students have completed four years of college, they have already paid their dues.

Executive Board recently purchased a poster maker that clubs can use. SA also is setting up a sub-committee to decide how they should spend this year's "fun balance," which can only be used on tangible objects for the school that will last a while. Ideas were brainstormed at both the full-session meeting and the Executive Board meeting. A mass email has been sent to students asking them what they would like to see the money used for at their school.

Is your club up to something? If so, e-mail the Cairn at cairn@castleton.edu

Alternative Spring Break Holiday Bazaar December 13th in the Campus Center

The Cairn

World-famous Juggler / Comedian Mark Nizer, at Castleton December 4th, 7 p.m. Tickets Required.

Castleton State College | December 1, 2003 | Free

Men's Soccer Team Wins North Atlantic Conference Title

By Jason Peters

On November 8th at 2:48 p.m. seniors Luke Laroche, Jason Peters, Adam Dion, Josh Souza, and Randy Coble all heard, for the last time in their collegiate careers, the referee's whistle signaling the end of the game. This sound they have heard since they were as young as seven years old will now only be a sound triggering memories. It has been a long road of soccer, filled filled with great victories, depressing defeats, lasting friendships and a now a spot in their minds that can never be forgotten: becoming conference champions.

The road to the championship was far from easy for the Spartans. Castleton went into the postseason as the 5th seed. This meant they would have to play the top four teams (teams they had lost to in regular season play) in the playoffs. Castleton's first playoff game was against rival Elms College.

Elms had defeated Castleton the previous week at home 5-2. Castleton showed up at Elms seeking revenge, but found themselves losing 3-1 with 15 minutes left in the game. Then Luke Laroche buried a penalty kick with eight minutes left, edging Castleton to one goal down. With five minutes left in the game, Laroche, the leading scorer in the conference, struck again off an assist from Nathan Williams, tying the score 3-3.

CSC's 2003 Men's Soccer Team. Photo courtesy of Jason Peters

The teams then played two ten-minute sudden death overtime periods during which neither team scored. The game was then to be decided by penalty kicks. Castleton senior Peters slipped a shot past the Elms keeper for the game-winning goal. Castleton had won their first playoff game and would next battle U-Maine Farmington.

Castleton hadn't defeated U-Maine in the previous three seasons. Castleton knew they could beat U-Maine in the semi-final game if they continued to play the way they had played against Elms. The Spartans once again found themselves trailing 1-0 with 25 minutes left in the first half. Around the 22nd minute, Laroche found the back of the net off a pass from Kyle Wilson. Seven minutes later, freshman Trevor Chapman crushed a shot that hit the goal post and deflected off teammate Jesse Brown.

The Spartans picked up one more goal in the tail end of the second half from Brown, sealing a 3-1 victory and sending the Spartans to the championship game. Castleton had beaten the two best teams in the conference away from home and knew they had once last piece of business to finish with Mound Ida who had defeated them earlier in the season.

The championship game was held on a windy day, which affected Castleton during the first half. The team knew that if they could get out of the first half without giving up any goals, the wind would work to their advantage in the second half because of junior Ty Pratt serving long balls to the front runners.

Ten minutes into the second half senior Peters lofted a ball to sophomore Williams who headed it in. Two minutes later, Laroche buried a penalty kick to up the score to 2-0. Mount Ida had a few scoring opportunities throughout the game, but Castleton's defense stayed strong.

"Our defense really stepped it up in the playoffs. They played phenomenally and junior goalie Joel Leichtman had a remarkable postseason for us, making some key saves," said senior captain Dion.

Peters later closed out the game scoring off an assist from Dion. The whistle sounded the end and the Castleton Spartans were named the 2003 NAC Conference Champions.

The Spartans achieved many other accomplishments along with winning the championship this season. Castleton defeated Green Mountain College for the first time since 1995. Laroche broke Castleton's all-time scoring record of 54, ending the season with 75 career goals. Williams and Laroche were named first team all-conference players and Peters and Pratt were named second team all-conference players.

The players wish to thank the trainers, administrators and fans that supported the men's soccer team throughout the season.

From Left: Seniors Luke Laroche, Shane, Jason Peters, Adam Dion.

Picture courtesy of Mr. Peters.

Make-A-Wish Comes To Castleton

By Renee Bishop

On November 15th, new volunteers to the Make-A-Wish program gathered in the Huden dining hall from 9 a.m. to 4 p.m. They were there for a training session on how to be wish granters for Vermont children with life threatening medical conditions. This is the first time the organization has come to the southern part of Vermont.

Twenty-three individuals showed up including students, staff and members of the community. At the start of the day, the volunteers were told the history of Make-A-Wish and the roles of wish granters, which they would become by the end of the day. Many people shared stories and past experiences with the program and the children they worked with. Among them were Castleton State College President David Wolk and Peter Mellow, Director of the Center for Schools, who has been involved with the program for years.

Make-A-Wish began in 1980 when a seven-year-old boy from Arizona had leukemia. He wanted to be a state trooper and was able to have his wish granted. The Vermont chapter began in 1989 with the granting of the wish of a child who wanted to meet Larry, Daryl, and Daryl from television.

By 2003, 51 wishes had been granted to children through the Vermont chapter. Since Make-A-Wish began, its 77 chapters and 27 international affiliates have granted over 110,000 wishes. There are currently over 25,000 volunteers.

The mission for Make-A-Wish is to grant the wishes of children with life threatening medical conditions to enrich the human experience with hope, strength, and joy. Those who attended the training session learned that there are four types of wishes children can ask for. They can wish to have, wish to meet, wish to go, or wish to be. Forty-five percent of all wishes are Disney-related. The most common illness affecting children benefiting from the Make-A-Wish program is childhood cancer.

Jan Rouse, from the college's Robert T. Stafford Center for the Support and Study of the Community, attended the event and was excited that the program has finally reached southern Vermont. She said it was rewarding to hear from previous wish granters. "The stories that were shared by those who have done it before showed all of us how it does work. It was good to hear the feeling and emotions that came out when they talked about it," Rouse said.

There will be three trainings a year in Vermont and wish granters must repeat their training once a year. In January there will be training in Chittenden County, the spring training will be in central Vermont and the fall will cover southern Vermont.

"It's a wonderful program and I think the college will embrace it," said Rouse. This is the first year it has come to southern Vermont and a lot of people attended both the informational meeting and the training session.

The next step for the college Make-A-Wish participants is to raise awareness of Make-A-Wish throughout the community. Students and staff will be collecting donations for the children beginning soon.

Those who are now wish granters will soon be able to meet with sick children and their families. First they will get to know them by visiting the family and bringing small gifts to the children. The wish granters will then begin to work with the children and their families to decide what the childrens' wishes will be.

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By Jessica Dewey
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Commentary

Castleton State College

Letters to the Editors:

Dear Editor,

I was recently back at Castleton for the Career Fair and had the pleasure of picking up the latest issue of the Cairn. After reading through it I found it to be much improved over the last couple of years. As a contributing writer during my time at Castleton, I can appreciate the time and energy it takes to put out the paper and I commend the large staff (many of whom I remember as my past residents from the halls or even from the warm summer days of SOS.) If there is anything that an alum can pass on, it is this advice: get involved in real experiential clubs like the Cairn, WIUV, the SA, because it is this experience that will prepare you for your careers after Castleton. No matter your major, these campus organizations provide you with the skills to be successful, in an environment in which you can explore the vast opportunities that await you upon graduation. Hey, I was a communication radio geek and now I work for a youth service agency, non profit in Burlington---go figure.

Cheers,
Lluvia

Dear Cairn,

I am sick and tired of all those students complaining and whining about how they get busted by the cops for drinking. I have just one thing to say to them: WHAT ARE YOU EXPECTING?!?!?!?!?!?!?! You all know that underage drinking is illegal in this country, but it doesn't matter to you. You still go ahead and do it, knowing the consequences it might bring if you get caught-- and the chances of getting caught are very good. Castleton is a very, very small town, and everyone knows what everyone else is doing.

Some of you claim that the cops have no right to act the way they do when they bust a party. First of all, shame on the people that allow underage students to go into the party and drink, and shame on the people that sell alcohol without carding for an extra small fee.

The cops have every right to do what they do, and we should all support the position of the Chief of Castleton Police, Gary Boutin, on the zero-tolerance towards under-age drinking. They are trying to prevent something more than just a drinking party; they want to prevent a real serious tragedy.

I would like to point out that individual that said he was going to transfer because of the police. You know what? If you are upset because the cops do their job and that is a reason enough for you to move, then go ahead. You will be one less individual that the Castleton community has to worry about. And why the fear of having an encounter with the cops? If you aren't doing anything wrong and if you are where you are suppossed to be, then there is nothing to be afraid of. And, about letting your friends know that they shouldn't apply to Castleton because of the cops, you are doing US a big favor. The last thing we need is more people like you to come and contaminate Castleton's image.

I'll share something with all of you. It took my friends and me one night to stop drinking. One night that we will never forget.

We were at a party (the kind you have, only better) and one of our friends left with four other people. They had some beers on them when they left. The next morning, we all went to school, and our friend didn't show up. Later on in the day, we were having lunch and we saw the afternoon's edition of the paper. It had a big headline that read: "Fatal Accident Leaves Three Deaths and Two Injured," and they had a picture of an SUV totally destroyed. WE recognized the truck, and reading more about it we found out that our friend was one of those who died in the accident. It happened that the driver of the truck was drunk, as well as the passengers. The driver had passed out at the wheel and lost control of the truck.

I wonder if something like this is going to have to happen to you in order to get you to realize the consequences of your irresponsible actions. You should praise the cops instead of giving them crap about doing their job. Think about it before you bitch about it, because honestly I am sick and tired of listening to all of you complain, and I hope I am not the only one. Good job Officer Boutin. Keep up the good work.

-Anonymous Writer.

Dear Cairn,

I am sick and tired of all authority figures around here being on a power trip. I hate the fact that the nightlife around here has become non-existent. Lots of people work hard academically and enjoy their social life to stay sane and unstressed. I understand that underage drinking is illegal but it is the way the laws are enforced that bothers me. Their unnecessary force does not only apply to breaking down doors to bust up parties but to other situations also.

I was in one of the computer labs today with a fellow student when four officers, of both Public Safety and the town of Castleton along with 2 or 3 other men, stormed in and requested to speak to the other student in the lab. The student stood up and went over to talk to the officers. They yelled at him about his driving and told him he was going to be charged. Then they asked him for his ID and his car registration. Obviously he did not have his registration because no one carries his or her car registration in his or her pocket. He made some remark and one of the officers through him against the wall and claimed he did not like his tone. Then they cuffed him and led him outside right before his class.

In two days I have seen two people on campus be cuffed and escorted off campus in a forceful manner when the accused were being more then cooperative. Police are here to serve and protect but I am scared that I am going to be in the wrong place at the wrong time and get slammed on the ground. I respect authority but they obvious do not have any respect for us. I feel that they should treat us in a different manner and we will be more respectful to them.

I understand that drinking for underage students is illegal but Castleton is a college town. If the police want to break up a party at least do it the old fashion way-- wait until they receive a noise complaint or catch someone drinking and driving. Normal police departments send under cover officers to drug cartels or bars, but not Castleton. Castleton sends their officers to college student parties that are walking distance from student housing. No fights are breaking out, no noise complaints are being reported, and no one is drinking and driving. Basically, Castleton has no crime, which is a reason many students attend Castleton because they feel safe here. Now students are beginning to hate Castleton because the low crime rate is turning the police's attention to the students, like they are the criminals.

Thanks for allowing me to voice my opinion. Sorry if I have offended anyone.

-Amy Cook

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Food Writer

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Interested in Writing for the Cairn next semester? E-mail us at Cairn@castle-ton.edu

In-Style

Castleton State College

By Greg Porter Greg.Porter@castleton.edu

Downtown Dining

By Seth T. Tuper

The other day I was watching the somewhat old cartoon "Hong Cong Fuey" and it got me thinking about Chinese food. It had been awhile since I'd actually had good Chinese food.

I drove down to the Rutland Buffet in the Wal-Mart plaza. Overall the experience was not too bad, but I do not recommend this as a good place to get Chinese food. The buffet was 80% empty, you had to beg to get it refilled, and I felt that they did not want me there-- only my money.

Every time I stood up to refill my plate, a little old lady in the corner would scream something in Chinese across the dining room and when I came back to my seat, my utensils were gone. I was force to take five forks off the adjacent tables. However, the in the Rutland Buffet makes up for some of the restaurant's downfalls.

Pretty murals adorned the walls, a wonderful chandelier hung from the center of the ceiling, and a most soothing arrange of easy listening music played. Overall the place is copesetic; you just need to make sure you save your fork. On a five star scale I rate the Rutland Buffet a * *1/2 stars. Enjoy your holiday meals and please let me know if there is a local restaurant you would like covered in this column.

Fetchville

By Jesse DuRona

MR. YOLKHEAD, COME TAKE A LOOK AT THIS!
CLARK AND I TOOK SOME WAX OUT OF MY DOG'S EAR, AND LOOK AT HOW FAST THE BACTERIA HAS GROWN! NEAT, HUA?
RALPH
DOES IT SAY ANYTHING ABOUT THIS IN YOUR TEXT BOOK, MR. TAYLOR?
WELL... NO.
THROW IT AWAY THEN.

duronaj@castleton.edu

Campus Chat

By Michael Biancosino

"Do you feel practicing safe sex on such a small campus is neccessary or is it something that we shouldn't make a fuss about?"

"Yes, it is very neccessary because you never know where anyone has been, and there are people with STD's on this campus."

-Adam Chandler

"If it is random sex, we should. But, if you have been with a guy for a while that is is different. In three years, I have only slept with one guy; he is the only guy I wouldn't practice safe sex with. I know a few people who go to this school who have diseases they can never get rid of. Sadly to say, I know one of them doesn't practice safe sex. Please make sure you know the person you might sleep with better. Make him or her get a test, but sometimes tests do not pick things up like HIV. All in all, condoms are cheap so use them!"

-Anne Bourdreau

"Absolutely, school size doesn't matter. Safe sex is just as important to be taught anywhere."

-Gotz Gennhenn

"Everyone here has been in school for along time, and if you don't know now it's too late." -Sam Kirsch

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News

Castleton State College

Castleton Students Make Holiday Wishes

"I wish for world peace."
-Shannon Lowcock

"That my bestfriend Jodie rehabilitates and gets back to her old self by next semester...I miss her lots."
-Jennifer Andrews

"If I had one wish...I would wish that my new friends, who are serious seniors, would have all the very best in their futures! Especially Melissa!!! I am going to miss you all terribly next fall."
-Tammy Lattuca

"Peace." -Anna Bruce

"My wish would be that two people I know would stop doing stupid behavior and smarten up."
-Anonymous

"I wish all my friends and family warm wishes and good health."
-Marice Brown

"If I had any wish, I would wish for the sky to be different colors for different days of the week so that blue doesn't get so old."
-Tasha Turner

Photo By Rebecca M. Becker

"For the troops in Iraq to come home."
-Rebecca Alemy

"For the tuition rate at Castleton to be lowerd."
-Jennifer Spaulding

"That every American who died in Iraq would come back, and that the war in Iraq never have happened."
-Erin Sweeney

"My sincerest wish this holiday season is that the fighting in Iraq would STOP!!!"
-Tyler Wilson

"I wish my friends would be able to quit their addictions to heroine and coke." -Anonymous

"I want there to be world peace and joy for all."
-Dan Wooding

"That all the soliders in the Middle East would be able to be home for the holidays."
-Corey Salamin

"If I had any wish for the holiday season it would be that in 2004 Bush is booted out of office and someone with the right priorities is brought in and elected the right way! This holiday we shoud work on making America not only a strong country, but a good and moral one as well."
-Molly Harrington

Castleton Professor Discusses Eugenics Movement

By Scott Lanphear

What do a bison refuge and a death camp have in common? Professor John Spiro asked this question as an introduction to his lecture on the Eugenics Movement of the 1920's. He went on to explain how the man behind many of America's national reserves was also behind the racist policies in the United States in the 1920's, and ultimately behind the Nazi Holocaust.

The man behind both the conservation movement and the Eugenics Movement was Madison Grant. As Spiro noted in his speech, Grant wrote a book titled The Passing of the Great Race, which helped influence the *Nazis in their Holocaust. Grant was a* big game hunter who noticed that the wildlife population was in decline. This led to his role as a conservationist. He helped find the Bronx Zoo, the New York Aquarium, American Bison refuges, and several national parks. He also helped preserve the California redwoods.

Spiro noted that along with being a conservationist, Grant also wanted to preserve what he called the Nordic race. Grant believed that Nordics were the master race, while all other races were inferior. In his book, Grant noted that this "master race" was becoming extinct. This had to do partly with the fact of miscegenation or *intermarriage between the* races. Grant believed that this intermarriage meant that the advanced traits of the Nordic race were "swamped" by the traits of the lower races. Grant also decried the recent immigration of Southeastern Europeans who were out-breeding the Nordic race.

Grant believed that a solution to this problem was to restrict immigration, sterilize the "feeble-minded" in society, and to pass anti-miscegenation laws. Under Grant's influence, the Immigration Restriction of 1924 was passed, restricting immigration to those coming from northern and Western Europe. This was signed by Calvin Coolidge in May of 1924. Grant also influenced the passage of sterilization laws and anti-miscegenation laws in several states.

Spiro concluded his speech by showing how Grant applied his ideas about conserving natural resources to human beings. By applying these ideas, Grant came up with such ideas as miscegenation, sterilization, and eventually influenced what the Nazis termed the "Final Solution" to the Jewish problem. Thus, conservationist ideas were applied to racist ideas.

After his speech, Spiro took questions from the audience and Soundings students responded to a question that asked how a man so concerned with conservation could try to bring about the extinction of whole race of human beings.

A Non-Trad's Life

By Karis Decato

It's 5:30 a.m. My alarm goes off and my day starts. Coffee comes first, then I shower and get ready for my 8 a.m. class. Next, I get all three kids up, dressed, fed, and ready for school. The oldest two have to go to their dad's until it's time to get on the bus. The youngest has to be driven to daycare. I watch my time closely but always seem to be behind. I drop everyone where they should be, and head off to CSC for my classes.

Later, I rush home in time to pick up the youngest, then meet the bus to get the oldest. Make dinner; spend some time helping children with homework. Finally, at nine o'clock, everyone is in bed and I have time for myself...to study.

I am what is called a non-traditional student here at Castleton. I am also a single mom, and the combination can be horrendous at times. This is not what I imagined I would be doing with my life at 32, but I wouldn't change a thing. I love what I do; besides, I don't know what else I would do.

When I first came to Castleton, I felt very out of place. I was the only non- traditional student in a few of my classes so I felt like I didn't fit in. I spent my first semester alone, feeling like people were laughing at me. It was hard enough to adjust to being back in school after 13 years without the added strain of loneliness.

I don't have much in common with your average 18 or 19 year old. I frequently overheard talk of the latest party, and while I've never been a party-er, I often wished I could have fun like that, but with three kids a house and homework, I just didn't have time.

I'm now in my third semester. I still don't have many friends-- one to be exact. However, I feel like I fit in more than I once did. I'm no longer the minority in the classroom; a large portion of the nursing class are non-trads. I still spend my days at school, my evenings with my kids and my nights studying. Sleep is a foreign concept, and so are money and time for me.

My older two children are proud of me, but have to make a lot of sacrifices that they are not happy about. My youngest doesn't understand why mommy leaves him every day. When I first decided to come to school, I promised myself that my kids would never be placed on the back burner. I've done my best to keep that promise. I'm doing four years of college in two, and the professors don't give breaks due to life getting in the way.

However, I know that my professors are being hard on me to make me the best RN I can be, and I can appreciate that. I also look forward to three semesters from now, when I will graduate with an associate's degree in nursing, a good job and money to provide for my children...and maybe somewhere along the way, I'll make a friend or two.

Locke Brings African Drumming To Castleton

By Mike Trzciensky

On Friday, November 14, the Agbekor Society and Kiniwe African Music and Dance Ensemble from Tufts University in Medford, Massachusetts treated the Castleton community to the music and customs of the West African ethnic groups Ewe and Dagomba. Tufts music professor, David Locke led the groups in this invigorating mixtureof poetry, songs, rhythms and dances that was both a learning experience and an *enjoyable way to end the week.*

Castleton Hears The '60s Through Music

By Mike Trzciensky

If ever there was a decade that pointed the way toward the rise of popular culture, it was the 1960's. The '60s were a decade marked by a war, a civil rights movement, several significant assassinations, and a sense of all-around uneasiness. *However, while many of the decade's* social factors have become elements of history, the music of the decade remains just as relevant today as it was 40 years ago.

(Cont. on page 5)

News

Castleton State College

Con't from page 4

Professor of sociology and anthropology Phil Lamy presented a unique look at the music of the decade. You Say You Want A Revolution: Hearing The Sixties Through Music ran for nearly three hours and presented a glimpse at what the musical climate of the '60s was like. The musicians opted to skip over the early sixties where Rock 'n' Roll had lost much of its initial burst of energy and become a slightly faster version of '40s style music. They focused their attention squarely on the later part of the decade when Rock made a major comeback. Although not all of the songs performed were actually from the '60s, every piece captured the feel of the decade.

The main band that performed was Lamy's band The Green Brothers. The group also consisted of Steve Kyhill, Bob Bizek, Steve Maclauchlan, and Don Goodman. Don Garside, Paul Derby, and Brenda Russell also made guest appearances. James Lorentz and Devona Cierech also did beat poetry readings. In the middle of the second act another band called B.B. and the Jays performed a Jimmy Hendrix song called "Paligap" and a group original. Although there is much more to this decade than could possibly be performed in a three hour concert, Lamy's presentation opened up some minds about the decade and certainly made for a very enjoyable night.

Photo By Rebecca M. Becker

Are You Wondering What the Renovations Are For????

The Cairn Staff thought some of you might be. This house (pictured left) is no new addition to the college. The house, which is located next to Moriarity House, is privately owned and is in no way connected to the school.

Service Learning in the Rutland Community

By Nicole West

The Social Welfare Issues class, which is part of the Social Work Department, has joined in a statewide project to reorganize the Agency of Human Services. The class has begun distributing surveys to a large number of local agencies that are connected to clients of the Agency of Human Services.

The class will be holding focus groups at local agencies in order to obtain a more concrete idea of the problems clients are having when using the Agency of Human Services. Some of the agencies the class is contacting are Rutland Mental Health, the Battered Women's Shelter, Head Start, WIC, VNA, SRS, the Housing Coalition, Spectrum, the Department of Corrections and the Dismas House.

At the end of 2003, all of the information obtained will be compiled and action will be taken to reorganize the Agency of Human Services. One major change will include the coordination of services for multiple needy families. Other changes will target programs for substance abusers and mental health clients.

The class has found that this project affects the entire community either directly or indirectly and will take a lot of work to complete. Overall, students say this project has been a positive experience for the class. They hope to raise the level of awareness of social problems in the community.

Sports

CSC Tennis Wrap-Up

By Paul Cohen

Women's Tennis Team Runners-up in Vermont Collegiate Invitational

Castleton's women's tennis team finished second in the first ever Vermont Collegiate Invitational tournament held at Castleton and Grand Slam Tennis in Rutland.

The Spartan netters finished their regular season with two wins to end up with a 6-5 record for the year. "Considering the fact that the top five players from last year were gone, this was quite an accomplishment," said head coach Paul Cohen. "This was one of my most gratifying seasons ever as a coach…to see this team pull together and tough out some close matches."

The VCI tournament pitted Castleton against former NAIA Mayflower rivals, Green Mountain College, Lyndon State and Johnson State. Green Mountain, now an NCAA Division II team with scholarship players, won the event with 18 points, but Castleton was a close second, with 14 _ points.

In doubles competition, the teams of Charlene Palfey/Laurie Albright and Vicki Eggsware/Heather Systo won the #2 and #3 titles respectively, defeating Green Mountain in the finals.

In singles play, Laurie Albright and Vickie Eggsware were undefeated, capturing the #4 and #5 titles.

Stef Coulombe and Lisa Maxham, playing at the #1 and #2 positions both won matches and were selected to the all-tournament team.

Eleven Stain Banditos On Top of the Intramural World

Floor Hockey report presented by Rich Eckrote

On November 19th at 9:45 P.M, the 11 Stain Banditos, a CSC-formed intramural team, triumphantly walked as this years floor hockey champions defeating the Goners Avengers 10-6.

Among the players were Kenzie (Captain) Kevin Perry, Rich Eckrote, Rob Regna, Steve Cronan, Adam Tressel, Liam Beach, Matt Vanderkar, Billy Vanderkar, KO, and Carly Perrucci.

9 goals were made by the Vanderkar brothers--both games combined, Rob Regna made 8 goals and KO made 1.

Have something to say? E-mail the Cairn at Cairn.castleton.edu or call us at ext. 6067

Cairn meetings are held every Tuesday during n-period (12:30) in the library lounge.

Coming Soon...3-on-3 Basketball. For more information call Castleton's Athletic's office at ext. 1252.

Features

Castleton State College

American Democracy Project to get Students Involved in Politics

By Scott Lanphear

"If we don't find ways to help young people who are the students of today connect with the important *issues of our democracy, the very* strength of democracy will be threatened," said Castleton's Academic Dean Joe Mark, when discussing the reasons behind the new American Democracy Project at Castleton State College. The project is a national initiative co-sponsored by the American Association of State Colleges and Universities, The New York Times, and the Carnegie Foundation for the Advancement of Teaching. Its purpose is to try to stimulate colleges and universities across the nation to focus on the development of a moral perspective on the world, civic engagement and an interest in political action.

Mark said that the program is necessary because of low voting levels of young people, and their attitudes towards politics and government. The program involves both changing the way subjects are taught and developing co-curricular programs. A group of 34 students, faculty and staff members has had meetings every other week to discuss how to carry out the goals of the program. They read a book titled Educating Citizens and discuss it at the meetings.

"I'm hoping that group will arrive at a strong consensus in favor of making these themes (moral development, civic engagement and political action) important at Castleton State College," said Mark.

The group might then pass ideas to other groups on campus. "There have been discussions of how changes in student government might cause more students to …get involved in student government. We have those suggestions, we would want to pass them on to the Senate and Executive Board," Mark said as an example. The job of the 34-member group would be to identify ideas to be implemented by *other groups.*

Mark said the program would result in students having more course experiences that are connected to "real world issues and questions." He mentioned that this semester there are 19 courses with 343 students who are having learning experiences tied into real world issues and organizations. With the American Democracy Project, Mark hopes to add more of these courses. The project will create more opportunities for debates about decisions made at the college among students.

One of the activities in planning is having first-year students read a book that talks about important issues and discuss them. Another thing from this issue will be that more students will have options for field work in classes. "If they were learning about history, they might be doing that partly through doing oral history projects with members of the community," Mark noted as an example.

Mark also suggested having a common course for all students to take, which may replace some of the existing general education curriculum. Although this is not in the planning right now, it may be implemented in the future. "[Students] might have to take some kind of seminar. [It] might *be in the beginning of their career, or* it could be at the end of their career."

Tom Ehlrich, co-author of Educating Citizens, in a speech in front of the American Association of State Colleges and Universities said that the goal for the American Democracy Project is to assist colleges to strengthen the civic engagement of their students. Ehlrich said that "when colleges and universities institute programs of moral and civic education for their undergraduates, they can make a profound difference in students' lives and in their capacity to contribute productively to the world."

Ehlrich noted that political apathy is especially pronounced among young people. He cited the annual Astin Freshman Surveys, which indicate that the percentage of college freshmen who report frequently discussing politics dropped from a high of 30% in 1968 to 15% in 1995, to even lower rates today. He noted that decreases were also seen in the percentage of young people who "believe it is important to keep up to date with political affairs or who have worked on a political campaign."

Because of this political apathy among young people, it is important that colleges play a role in making students more involved in democracy. As *Dean Mark said, "The health of our* democracy really depends on whether people going through schools today… enter their post-school years with a disposition toward participating in their communities, contributing to the political process, voting, speaking up, paying attention to the important issues and contributing to policy developments related to them.." Mark noted that this idea was one that many people in society "have come to more or less at the same time."

Can The Jolt of the Bean Be Harmful?

By Jess Bass

When most people wake up in the morning despite everything else that is going on in their mind, the first thing they do is grab that first cup of coffee. The very first steamy and almost sensual cup of coffee on one's day is almost always the best. Whether they brew at home or make it a point to hit Starbucks or perhaps Dunkin's on the way to where ever they are off too, coffee for some people, is just a way of life. Flavors and blends are the targets of some coffee drinker's pallets while others enjoy the aroma and jolt of the bean. From Hazelnut to Pumpkin Spice, to breakfast blend and French roast variety can always hold drinker's interest. Unfortunately, many avid coffee consumers don't know about those health risks and even some of the benefits of daily consuming their drug of choice, caffeine.

A study was done on the effects of caffeine by coffee drinking by a group of researchers from Duke University Medical Center. The study appeared in Psychosomatic Medicine once completed. According to James D. Lane, Ph.D. lead author of the study, many people haven't accepted the fact that there might be some negative effects of caffeine consumption and that the effects are long lasting. The study also showed that caffeine significantly raises blood pressure as well as exaggerating stress levels in people who consume it on a daily basis. Lane said, "The caffeine we drink enhances the effects of the stress we experience, so if we have a stressful job, drinking coffee makes our body respond more to the ordinary stresses we experience." The study confirmed that while ritual coffee drinkers might develop a tolerance to caffeine and it's effects, most people show clear responses to the effects of the drug. Other negative health effects included an increase in people with heart attacks and strokes.

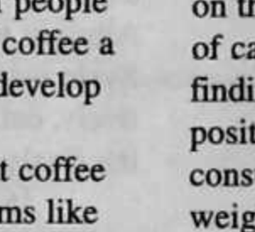
However, according to the Coffee Science Information Center, moderate coffee drinking is perfectly safe and it no way a health risk, and at times can be beneficial. The Thanksgiving Coffee Company said that many scientific studies have been done finding that consuming three to four cups of coffee a day significantly reduced the prevalence of asthma. A study done in the Netherlands found that if people drink seven or more cups of coffee a day they were less likely to develop type two diabetes.

While it is quite unlikely that coffee will cause such harsh problems like cancer, heart disease or osteoporosis, there are a few reasons why people should cut back in their daily intake. Some studies have shown that drinking more than three cups of coffee a day mat effect a woman's fertility and increase the chance of pregnant women having an early delivery. Also to be considered is the caffeine impact on mood and sleep for some people. Dr. John Hughes of the University of Vermont says on CNN.com the substance is addictive and for some people, as little as one cup a day can be too much them. "If you have anxiety or insomnia, it's very important to look at your caffeine intake and cut down on your caffeine and see if that makes it better, because it is an easy fix," said Hughes. Studies are continuously being done on the effects of coffee and the effects of caffeine on the human body. Some findings are negative and many are positive but it is up to daily coffee consumer to decide if the good out weighs the bad. A single morning cup of coffee won't kill the average healthy person and perhaps neither will the second or third cup, but over time no one can really be sure how it will effect the needy coffee consumer.

Special thanks

A thank you goes out to those who helped out with the Cairn this semester. Everyone did a great job and we couldn't have had a paper without you.

See you next semester!



~ Rebecca M. Becker and Jess Bass

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Health

Castleton State College

Nutrition Labels on Menus a Consideration

By Jessica Dewey

With more than 65% of all adults and 15% of children in the U.S. presently overweight, the FDA is looking for drastic ways to change how America eats.

Currently on the discussion table is a proposal to require or encourage restaurants to include calorie information next to items on their menus. Nutrition experts' intent is that such measures will help consumers watch what they eat.

Allison Whitesides of the National Restaurant Association says the group opposes having nutrition labels on menus made compulsory. "Cooking is an art. It's not an exact science," Whitesides said.

While nutritional labeling may pose a burden to restaurants, particularly those who offer different dishes on a daily basis, nutrition experts say the labels would bring tremendous benefits to a society with obvious weight control issues.

Health experts consider obesity today of epidemic caliber. (Obesity refers to having an abnormally high proportion of body fat.) Presently one out every three American adults is considered obese.

While some consider the greatest burdens of obesity to be cosmetic, obesity poses serious health threats as well. Obesity often carries with it a heightened risk of high blood pressure, heart disease, diabetes and cancer.

Fortunately, even slight weight loss can help minimize health risks. While surgery and prescription medications may be necessary for severe cases of obesity, weight loss can typically be accomplished by a lifestyle of moderate exercise and commitment to a healthy diet.

Many educated consumers watch their caloric intake by paying attention to the nutritional information on the foods they consume. According to a survey conducted by the American Dietetic Association, more than 60% of Americans pay attention to nutritional labeling.

Are You Feeling Anxious?

By Allyson Stoodley

Many people experience different levels of anxiety under different circumstances, but some can not differentiate between chronic and acute anxiety. Some symptoms of anxiety are constant worry (even when there is nothing apparently worrisome happening), tiredness and fatigue, inability to sleep, restlessness and agitation.

If you have frequent aches and pains that cannot be traced to a medical diagnosis and you feel tense in particular locations, such as neck and shoulders, you may be suffering from anxiety. Anxiety interferes with concentration and performance of tasks including academics and sports. It interferes with working, parenting and all other aspects of life. Counseling, psychotherapy and even medication can relieve symptoms of anxiety.

One type of anxiety disorder is called social phobia. Social phobia occurs when a person becomes increasingly self-conscious in social situations and has increased levels of anxiety and may even experience panic attacks. A panic attack is when you feel a sudden rise in anxiety or nervousness that also leads to trouble breathing, heart racing or pounding, sometimes pains in your chest, nausea, and dizziness. Sometimes stomach discomfort may even occur.

People with social anxiety fear that they are being watched by others and have a fear that they will be humiliated in some way. Different types of social phobia or anxiety exist. It may be situation specific. For instance a person may just have a fear of participating in class with others or eating and drinking with others. A person may have a fear of attending weddings. The larger scope of the disorder encompasses all social situations which become totally disabling.

Approximately 3.5 million Americans aged 18-54 suffer from social anxiety disorder in any given year, according to the NIMH. This disorder rarely develops after the age of 25 years and begins in early childhood throughout adolescence. If you think you have a problem with anxiety, there is help. Now is a good time to make the necessary changes so that it isn't a hindrance for the rest of your life!

One technique to relieve anxiety and stress is to stop and look at the palm of your hands. For just a second, analyze the lines on your hands and then imagine a picture of the vacation spot you wish you could visit right then. Then go back to the task that you were doing.

Another key is taking slow breaths while counting to four. These techniques are proven to be helpful. Other treatments include cognitive behavior therapy and the use of certain anti-depressants.

For more information on anxiety disorders you can check the National Institute of Mental Health's website at http://www.nimh.nih.gov/anxiety.

If you are a student and feel that you have a problem with anxiety, please visit the Wellness Center for an evaluation. It is important to check with your doctor if you are suffering from anxiety because it can spill over into many areas of your life that you didn't realize it was affecting. With the semester closing in, stress is on the rise. Get the relief you need now, before it's too late!

Health Report

Prepared by Rebecca M. Becker

Men Need More Friends

As part of the MacArthur Successful Aging Study, researchers examined more then 800 men and women in the context of their social networks and found that socially isolated men ages 70-79 appear to be at greater risk of heart disease than men with more robust social networks.

-Time Magazine

Alcoholism and Sweets Connected

Having a sweet tooth may do more than add a little extra padding around the gut. A new study found that people with a paternal history of alcoholism were 2.5 times as likely to enjoy sweets as those with no such history and may be at high risk for drinking problems down the road. The link may seem odd, but researchers say our reactions to alcohol and sweets are regulated by the same mechanism in the brain.

-Time magazine

Green Onions Linked to Hepatitis Outbreak

The Food and Drug Administration has just released the cause to the largest single-source hepatitis A outbreak in U.S. history. Green onions were the likely source of the outbreak at the Mexican resturant, Chi Chi's, that has sickened at least 575, but the orgin of the onions remains unclear, Pennsylvania health officials said November 21st.

Syphilis Rate Climbs for Second Consecutive Year

The Centers for Disease Control and Prevention reported that the nation's syphilis rate has climbed for the second year in a row, mostly because of an increase in cases among gay and bisexual men, the government reported on November 20th. Between 2001 and 2002, the syphilis rate rose 9.1 percent from 2.2 cases per 100,000 people to 2.4 cases. The rate had dropped every year between 1990 and 2000 before reversing course.

People Choose Salads Rather than Fries

Customers are ordering more salads at fast-food resturants across the nation reported the NPD Group, a consumer market research firm. The proportion of lunch orders in which salad was the main course rose to 6 percent this year from 4.5 percent last year. And the percent of lunches that included fries dropped to 22 percent from 25 percent. The NPD reports that the sudden abundance of healthy options at fast-food joints is due to the threat of lawsuits many chains have encountered and Americans' changing tastes.

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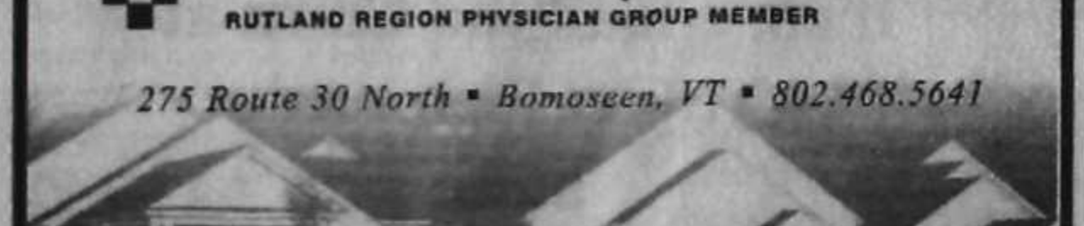

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Campus Happenings

SA Update

By Lindsay Hale

The Student Association recently met with VSCSA, the Student Associations from every Vermont State College, to coordinate events and get our own campus's organization more involved in statewide affairs. They met at Lyndon State College. Attendees discussed sponsoring a system-wide concert featuring a well-known band. If plans go through, the concert would be held at Castleton (because Castleton has the largest campus of any Vermont state college) or the VSCSA would have to rent a venue. SA members discussed other cross-campus events as well. Plans for Legislative Day, February 3, were also discussed. Attendees talked about the possibility of installing laundry machines operated by swipe cards rather than coins. A system may someday be implemented whereby many expenses can be paid for by swipe card.

Senate is still in need of a secretary. If you are interested, meetings are held at 7 p.m. on Sundays in the multi-purpose room in the Campus Center. If you are interested in Senate or are just curious about the meetings you are welcome to attend.

Construction on the new residence hall and fitness center is scheduled to begin between December 1st and 6th.

Faculty Assembly has been discussing a fourth graduation requirement: Information Literacy. The Faculty Assembly has already decided to get rid of the Critical Thinking and Civic Engagement requirements.

The Activities Board has begun planning Winter Weekend for February. They have lot of outside activities planned so make sure you bring your hat and mittens.

Castleton State College

Upcoming Events

Mon. 12/1: Movie: Hollywood Homicide, 8 p.m., Herrick Auditorium

Tues. 12/2: Castleton Jazz Ensemble, 8 p.m., Fine Arts Center

Wed. 12/3: Hypnotist: Dr. Bengale, 7 p.m., Campus Center

Thurs. 12/4: Soundings: Mark Nizer, 1st place winner of the International Juggling Championships. Mark Nizer combines original comedy, world class juggling, movement, music, light and technology. 7 p.m., Fine Arts Center. Tickets: General public $5, under 12 free, Castleton State College, free.

Fri. 12/5: JAM Concert: Piebald, Forgive and Forget, and The Eleventh Hour, 7:15 p.m., Glenbrook
Friday Night Club Shopping Trip- details to follow

Sat. 12/6: Late Night: Painting w/ Judith Carruthers, 9 p.m., Campus Center

Sun. 12/7: Winter Festival: A Pops Concert featuring the Castleton State College Chorus, Jazz Ensemble, Men's Chorus, and Wind Ensemble will perform pop, jazz, folk, and other light music in celebration of the season and the end of the semester. Fine Arts Center, 3 p.m., Tickets: General public $5, 18 & under; free for Castleton students

12/8: Movie: Finding Nemo, 8 p.m., Herrick Auditorium

Castleton Choral Union: The newly formed Castleton Choral Union is a mixed ensemble comprised of students, faculty, and community members from throughout the area that will perform Mendelssohn's Elijah with guest artists and soloists. Fine Arts Center, 8 p.m., free

Tues. 12/9: Spanish Club Dance Workshop, 7 p.m., Campus Center Informal Lounge

Soundings: Ball in the House. Six guys, six voices - that's it. Ball in the House, a Boston based a cappella group creates and brings classic-street corner soul, funk, and hip-hop music. Fine Arts Center, 7 p.m. Tickets: General public $10, Sr./student $5, 12 & under free, Castleton State College free.

Wed. 12/10: Coffeehouse: Massage Therapist, Time TBA, Campus Center

Thurs. 12/11: Spanish Club Cooking Workshop, 8 p.m., Campus Center Informal Lounge

Castleton Chorus: Randy Haldeman, Conductor, Fine Arts Center, 8 p.m., free

Fri. 12/12: Friday Night Club: Holiday Stocking Decorating, 8 p.m., Campus Center

Sat. 12/13: Late Night: Open Mic, 10:30 p.m., Campus Center

Lakes Region Youth Orchestra, Peter Miller, Conductor, Fine Arts Center, 7 p.m., Tickets: Adult $6, Sr/Child $4, Family $20

Alternative Spring Break Holiday Bazaar

Saturday December 13th
9:00 a.m. to 4:00 p.m. in the CSC Campus Center.
LIVE MUSIC, SANTA, AND LOTS TO AUCTION!!!!!!

HOPE TO SEE YOU

Residence Halls Close
Friday, December 19th
at 6:00 p.m.
for Semester Break

Is your club up to something?
If so, e-mail the Cairn at
cairn@castleton.edu
and
Tell us about it

"Success is measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed." --Booker T. Washington

"The supreme happiness of life is the conviction that we are loved." --Victor Hugo

The Cairn

Castleton State College | February 12, 2004 | Free

Castleton's Men's Rugby Reinstated

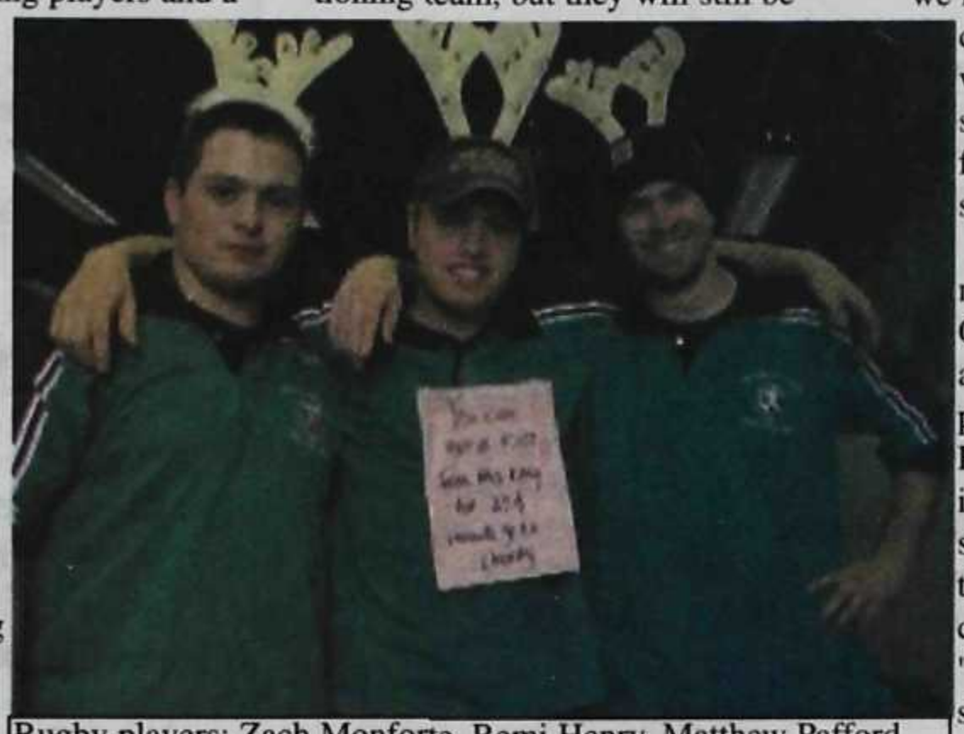
By Corrine Casella

Men's Rugby is back at Castleton and in full force this semester. With ten returning players and a strong president, their first season of 2004 seems to be shaping up.

Suspended for alleged hazing last semester the players were unable to play as a team or even appear at school functions together. In other words, CSC Men's Rugby didn't exist.

After writing a letter to the Dean of Students explaining changes they would make and promising a more responsible team, they were reinstated.

The club is now a full functioning team, but they will still be under close scrutiny from faculty and will be subject to analysis by Dean of Students Greg Stone and Assistant Dean of Campus Life Victoria Angis.



Rugby players: Zach Monforte, Remi Henry, Matthew Pafford

"I look forward to working with the men's rugby club to get them off to a positive start this semester," said Angis.

According to Dean Stone, the team has been reinstated with conditions. "We will evaluate as we go along. The hazing behavior was a major concern. That behavior will not be accepted; if it happens again the team will be suspended again. I know the team is anxious to be back and I'm excited because there is a place on this campus for that activity. I know a lot of students are interested in playing the sport. However, drinking and hazing is not behavior the school condones," Stone said.

In addition to being under supervision, the team is required to do several hours of community service. According to President of Men's Rugby, senior Matt Pafford, one of the team's new goals is to create a better reputation for itself. "We want to help out the Castleton community as much as we can," Pafford said.

Helping with the community is not a new idea for the team. Last year they helped with a car wash to benefit for Clarendon Elementary School, where several students have been diagnosed with cancer. This year they have already shoveled walks for community members and have many other projects in the works.

With the loss of several good players due to graduation or other circumstances, the team is now in desperate need of new members. Pafford is willing to accept all new players with open arms. "We will accept anyone, any talent, any athleticism; all they need to do is come down and see what we're all about. We have a really good coach so as long as the guys have a willingness to learn they will be all set. I just can't wait to meet new friends to hang out with," Pafford said.

The team has recently had two meetings focused on recruitment. One was an informational meeting and the other was the viewing of a professional rugby game between England and Australia. Both meetings were responded to with enthusiasm and Pafford is hopeful for the upcoming season, which, coincidentally, will be his last.

"The team is coming back in good shape and it will be good for the college. Being a member of the team builds on friendship and helps with time management," said rugby-playing alumni Kenneth Corrow.

New player Kyle Laferriere is equally excited for the season to be under way. "I feel it is a good thing that men's rugby has been reinstated. It is a team-bonding sport on and off the field," he said.

Number of Castleton Transfers Up From Last Year

By Scott Lanphear

The number of transfers and first year students at Castleton has increased from last year's total. This increase, along with an increase in applicants for the fall 2004 semester, suggests that more students are interested in Castleton than ever before.

At the start of the Spring 2003 semester, 80 new transfers and freshmen students enrolled at Castleton. This year, that number has increased to 101 for the spring semester. At the same time, 100 more students have applied to Castleton for next fall semester than had applied last year at this time.

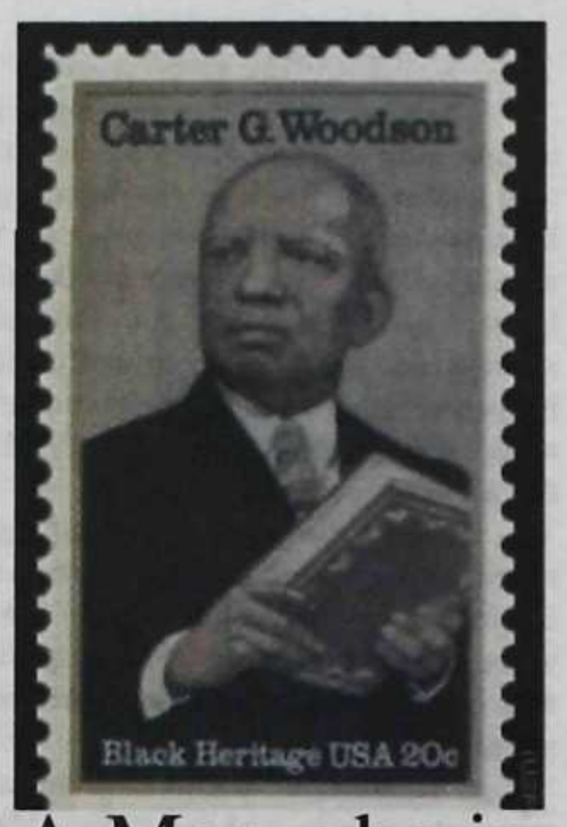
Maurice Ouimet, Director of Admissions for Castleton, said that the increase in transfers and the increase in applicants for next fall suggest that, "the word is getting out that students like it here." The increase also has a lot to do with the consistent recruiting that the college has done over the past five years. Due to this recruiting, Ouimet said, "Castleton is getting more name recognition."

What's Inside:

Castleton Students Cast Their Votes in This Year's Presidential Race
Read more on page 4

A Community's Response to Underage Drinking
Read more on page 5

Taiko Drummers Kick Off Soundings With a Bang
Read more on page 4



A Man who is Remembered as the Father of Black History

By Rebecca Becker

"Those who have no record of what their forebears have accomplished lose the inspiration which comes from the teaching of biography and history," said Carter G. Woodson, distinguished Black author, editor, publisher, and historian who first opened the long-neglected field of black studies to scholars and popularized the field in the schools and colleges of blacks whose remembrance today has evolved into Black History Month.

Woodson was born in New Canton, Buchingham County, Virginia, *to former slaves Anne Eliza and James* Henry Woodson. He spent a large portion of his youth working on the coal mines of Kentucky to support himself, and his parents who could neither read nor write. Woodson was able to attend Douglass high school at the age of 20, graduating two years later, and continuing his education at Harvard University where he received his Ph.D. in 1912. Woodson noted that although his parents were both illiterate, they influenced the course of his life and education.

"Learning to accept insult, to compromise on principle, to mislead your fellow man, or to betray your people, is to lose your soul, said Woodson's father just before his graduation from Harvard. Woodson, through the encouragement of his father, was able to develop an important philosophy of history.

"History', he insisted, 'was not the mere gathering of facts. The object of historical study is to arrive at a reasonable interpretation of the facts. History is more than political and military records of peoples and nations. It must include some description of the social conditions of the period being

(continued on page 4)

Milestones in the Modern Civil Rights Movement

Provided by infoplease.com

May 17, 1954
The Supreme Court rules on the landmark case Brown v. Board of Education of Topeka, Kans., unanimously agreeing that segregation in public schools is unconstitutional. The ruling paves the way for large-scale desegregation.

December 1, 1955
NAACP member Rosa Parks refuses to give up her seat at the front of the "colored section" of a bus to a white passenger, defying a sounthern custom of the time. In response to her arrest the Montgomery black community launches a bus boycott, which will last for more than a year, until the buses are desegregated Dec. 21, 1956.

January-February 1955
Rev. King, Charles K. Steele, and Fred L. Shuttlesworth establish the Southern Christian Leadership Conference, of which KIng is made the first president. The SCLC becomes a major force in organizing the civil rights movement.

September 1957
Formerly all-white Central HIgh School learns that integration is easier said than done. Nine black students are blocked from entering the school on the orders of Governor Orval Faubus, President Eisenhower sends federal troops and the National Guard to intervene on behalf of the students.

Castleton State College

March 4th

I do not think I will ever forget how I felt after my mother called me the night before classes started this semester to inform me that someone very close to me had unexpectedly passed away. Before she called me I was chatting away with Lauren and Mike, getting myself geared up for my last semester of college. At first I had ignored the telephone call, because we were having too good of a time to be interrupted by a parent who was probably calling for adult reasons that should be left alone on a lazy Sunday night. Immediately after she left a recording on the answering machine, however, I knew something was not right. The quiver in her voice frightened me. I did not want to call her back. My fingers were shaking as I dialed home. Instantly, surreal feelings shot right through my entire body the second she explained what had happened. I felt so sick, helpless and numb. Pacing in circles from room to room of my house all I wanted was for things to be different, to go back to the way they had been a few minutes ago. I wanted to wake up the next morning and have this all have been a nightmare.

After tossing and turning all night, I woke up a little stronger. As I lay motionless in bed that morning, I experienced such nostalgic feelings. Dozens of memories filled my mind—Thanksgivings in Florida, the shrimp he was notorious for bringing to the house every Christmas, boat rides, his witty sense of humor and most importantly the glee he would always bring to everyone, especially my mother who would be in tears from laughing so hard ever time she spoke with him. Pieces of me felt stripped from that joy. Will holidays ever be as blissful as they once were? I kept asking myself.

Afraid of the aftermath of this all, I was given light during his eulogy. I was reminded of something he had always said to my cousins, and that is was "March forth." There is nothing in this world that will prevent me from ever moving onward, nor anyone else. No professor or graduate-school rejection letter will. Nor will an argument with my parents, bounced check, flat tire, fight with a roommate, being dumped by a significant other, lost jewelry or broken leg. The world is not going to stop turning. There are always going to be good times, bad times, hard times, sad and happy times. I will cherish the great times I had with my uncle until the day I die, and when things get tough and I feel like my life has shattered into bits and pieces, all I can do is march forth. Every March 4th is going to be a day for me to remember, not only this very special person, but also a day to remember to always march forth…

-Rebecca Becker

Dear Editor,

Safe Ride is a service provided by students, not just for students. The service provided is a rarity on college campuses nationwide. Safe Ride has received numerous inquiries about how it is run, what kind of service it provides, and how frequently it is used.

To me, Safe Ride is an amazing entity. Although I've never used it myself, I have volunteered [in the program] often. In the beginning, when Safe Ride first started out, it was greatly appreciated. Students, faculty and local community members alike who opted to use it, were appreciative and pleased that it was always there for them, well…at least when the van didn't get stuck. When the vans did get stuck it was understood, and the students knew the van would be on the way after it'd had been towed out. For some, if the van wasn't running due to bad weather, they knew it was better to stay on campus then to go off campus to "do their thing."

Times change, as do people. It seems as though the students have changed. When the vans get stuck, the VOLUNTEERS have had the finger flipped at them, or have been seriously degraded and laughed at by other students. Fewer students have been saying thanks, that the service is appreciated, and that they'll be sure and support those who volunteer. Others have been appreciative, and it helps make the time spent that those students who provide such a unique and rare service, worthwhile.

Many complaints have been about Safe Ride not running even when the weather is [bad]. This is due to lack of drivers. Safe Ride drivers with valid Fleet licenses (licenses provided by the school to allow students to drive the vans for club activities) are needed in order for Safe Ride to run. Fewer students have been volunteering to drive, and there those few who have been continually driving every Thursday, Friday and Saturday, as of late need to get out too, some have sports, some have off campus jobs and others just need a day off. Drivers are always wanted.

Safe Ride is a club, provided by volunteers, is unpaid, and becoming under- appreciated. In order for our school to continue to offer Safe Ride, Safe Ride must have the backing of the community that it provides its service to. That means you, the students, faculty and community members that know someone who volunteers for Safe Ride, that does community service for Safe Ride, or that is a member of the Safe Ride "staff." Please, please, support your "Safe Riders."

Thank you.

-A Volunteer for Safe Ride

Got a **Campus Chat** idea? Call us at ext. 6067 or e-mail us at cairn@castleton.edu

E-mail all letters and editorials to **cairn@castleton.edu**

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Our Letter Policy

Yes, we'll publish your opinions! All letters must be signed and must include typed name and phone number for confirmation. Please note: we do not alter your thoughts; our editing is restricted to spelling/grammatical errors only. It is our opinion that it is not up to us to rewrite our interpretation of your thoughts. We reserve the right to publish or reject any submissions.

February 1, 1960
Four black students from North Carolina Argricultural and Technical College begin a sit-in at segregated Woolworth's lunch counter. Although they are refused service, they are allowed to stay at the counter.

April 1960
The Student Nonviolent Coordinating Commettee is founded at Shaw University, providing young blacks with a place in the civil rights movement.

May 4, 1961
The Congress of Racial Equality begins sending student volunteers on bus trips to test the implementation of new laws prohibiting segregation in interstate travel facilities.

June 12, 1961
Mississippi's NAACP field secretary, 37-year-old Medger Evers, is murdered outside his home. Byron De La Beckwith is tried twice in 1964, both trials resulting in hung juries.

Commentary

Castleton State College

Happy Valentine's Day to You...

Compiled by Seth Tuper

"Lindsay, Have a very special Valentine's Day. I know if it is as special as the first year, it will be amazing. Love, Kevin."

"Marla: Wow, I miss you so much. I hope to see you next vacation, love."

"Happy Valentine's Day to my hockey boys. Love, Tara."

"Bethany, you're hot! Happy Valentine's Day."

"To my twin. Happy Valentine's Day."

"Happy Valentine's Day. To my sosors. Love, Tara."

"Julie, the love of my life. Happy Valentine's Day, Ken."

"Second floor Ellis--You guys rock! Love, Roni."

"Waffa, you're the best! Happy Valentine's Day."

"Don't be sad, be glad. Happy Valentine's Day, Aurora,"-MDS

"Happy Valentine's Day, Casey Fitz. Love, ur Secret Admirer."

"Happy Valentine's Day, Wheeler 304 Love, Me."

"DJ, I love you with all my heart. --Jennifer."

"I love you, Seth. -Dave."

'Happy Valentine's Day, Libby, Dana, Lauren, Martine, Dawn, and Amanda. Love, Becky."

"Happy Valentines Day SIGMA brothers and sisters!!!!!"

"Happy Valentines Day Ellis third floor. Love, 308."

"Seth, I love your beautiful B-Ball move."

"BJKM, I love you all," -AMH

"Happy Valentine's Day Meghan," -Max

"Jesse Wicholson, will you be my Valentine?'

"I love you, Jesse, with all of my heart."

"I love you, Mike. You are everything to me. Love, ABL."

"kmv Froggernogger. Love, JLK."

"Ellis second floor residents. Love you! JLC."

"My boyz! I love you three. Love, Roni."

"I love you the Chad. You rock my world."

"Happy Valentine's Day, Meg, and love your little sis."

"My angel is my best friend. Thank you, M.A.P."

"To the freshmen. Love the President."

"Gotta Love Jersey Boys."

"Happy Valentines Day Wheeler 403. Love, Me."

"Irene knows all. We love you."

"I love all my CSC Buddies."

"WH 303 IS THE PLACE TO BE."

"Happy Valentine's Day, my dear Marsha. Hoyt 401."

"Brett Baby you hold it down! Be mine, Bananna."

"I love my Lil' sisters. To Shauna and Flex. Love, Elisa."

"I love my job. Rock on Student Services, Elisa."

"I love the Adams 302 Ladies!! Love, 402."

"JInxy cat, jinxy cat I love you. Love, BBA."

"I love the girls of 302 Adams. Love, ???"

"Thanks 2 the great fireside staff."

"To the best sister in the world. Melissa."

"To Tasha, you're everything love. Love, your man."

"Ann thanks for all your hard work with I.V."

"Mags and Brit. Love ya Both. The ASP."

"To the Diva. Happy Valentines Day."

"Happy Valentines Day 4-corners. Love, the 80's Girlz

"Ruth, you are thre light of my life. I'll love you always." Jesse.

"Love; a grave mental disease." -Plato

"Men always want to be a women's first love, women like to be a man's last romance." -Oscar Wilde.

"To write a love letter we must begin without knowing what we intend to say, and end without knowing what we have written." -Jean Jacques Rousseau

"A dog is the only thing on this earth that loves you more than he loves himself." -Josh Billings

"Man is the only animal that blushes--or needs to." -Mark Twain

"The wise want love; and those who love want wisdom." -Shelly

Nana Returns to College

By Dolores Park

God never shuts one door but what He doesn't open another. This was the situation in which I once found myself not that long ago. Seeing this an opportunity to find *some purpose and direction in my life*, I decided to return to college. My children, who are accustomed to a mother who is a bit "unusual," were very supportive and encouraging. I had my share of doubts, thinking my brain would be considerable older than that of my fellow classmates; however, I realized that if I were to do this, it would have to be done NOW.

Before moving to Vermont, I enrolled at Kent State University in Ohio, obviously as a non-traditional student and found there was actually an organization for people like me called "ANTS," which I found to be quite amusing. It was the Association for Non-Traditional Students.

I've worked VERY HARD, harder than I ever did in my earlier college days, simply because I thought I had something to prove to myself. I suppose it all paid off, as I was able to maintain a 4.0 GPA until last summer when I received my first A-, which was pretty traumatic. I guess it was God's way of encouraging humility.

Among my many experiences has been my expanded musical taste which I acquired on a student trip to New York City (in a school van), when I listened to "Rap" for five hours. I've been invited to dorms for instructions on "Beer Pong" by a fellow student who, during a children's book illustration class, chose the letter "B" and proceeded to illustrate his page by cutting a beer can in half and gluing it onto the page. Couldn't help loving that kid.

My grandson thinks I'm a nerd because I attend more than the required number of Soundings events. He just doesn't understand—I have no life. (Just kidding.)

I've gone from using a manual typewrite to a word processor by still consider myself computer-challenged.

I have even acquired a new vocabulary. Couldn't believe, after hearing my grandson while, that I would respond, "Well, life's a bitch."

One time, inspired by a particular Vermont History class, I went in search of the homestead of Ann Story, the mother of the Green Mountain Boys, who lived about two hundred years ago. Stopping at a state park, I asked for directions. The young woman there asked if Ann Story was a registered camper.

Through the encouragement of my instructors, I have been able to produce works that I never thought possible, which is so important to any artist of any medium.

Quite seriously, I have experienced enormous kindness and acceptance, for which I will be eternally grateful and when I get OLD, these experience will be among my favorite memories. I thank you all for that...

Maybe life isn't such a "bitch" after all...

August 28, 1961
About 200,000 people join the March on Washington. Congregating at the Lincoln Memorial, participants listen as Reverend KIng delivers his famous "I have a Dream" speech.

September 15, 1963
Four young girls attending Sunday school are killed when a bomb explodes at the Sixteenth Street Baptist Church, a popular location for civil rights meetings. Riots erupt in Birmingham, leading to the deaths of two more black youths.

Summer 1963
The Council of Federated Organiztions, a network of civil rights groups that includes CORE and SNCC, launches a massive effort to register black voters during what becomes known as the Freedom Summer.

July 2, 1964
President Johnson signs the Civil Rights Act of 1964, making segregation in public facilities and discrimination in employment illegal.

News

Castleton State College

Castleton Hires New Director of Residence Life

By Renee Bishop

Students living on campus at Castleton have somebody new to turn to. Dennis Proulx has started his new position as Director of Residence Life this semester. Proulx has a long history with Castleton and has expressed his enthusiasm to be part of the community again.

Proulx graduated from Castleton in 1987. He then went on to get his master's in Student Affairs in Higher Education from Colorado State. He worked here at Castleton from 1989 to 1992 as the Assistant Director of Admissions. He also serves Castleton as the vice president of the alumni board. Proulx is currently coming from jobs at New England College and Landmark College, where he worked for the past seven years. He hopes to make Castleton his home.

"I came back because I believe in Castleton, what they do, the students they serve, its culture, and its atmosphere," said Proulx. He spent eight years living in residence halls helping students and believes he has a great perspective of what it's like to live in the dorms. As a student at Castleton, Proulx lived in Ellis Hall for one year and served as an RA in Adams Hall for three years.

Proulx said two of the biggest challenges he will face at Castleton are starting mid-year and getting the new residence hall built and organized. He will be helping with the February 26 furniture fair that will take place from 10 a.m. to 2 p.m. Four vendors will show potential furniture for the new building along with blueprints of the setup.

The furniture fair will be an opportunity for students to give their input regarding how their living space is designed. Proulx wants students to be aware of this new space and know that it will be about a 60/40 split between upper and underclassmen living in this new dorm.

"During my interview I found the students to be very friendly, respective and into residence life," said Proulx. He looks forward to working with the students here at Castleton and hopes they find a partner in him.

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Revolutions from the 1960s to Speak at Castleton

By Renee Bishop

The Eighth Annual Vermont Women's Studies Conference hosted by Castleton will be held on March 6 this year. Event organizers are excited about the speakers they have lined up. Renowned activists Barbara Smith and Naomi Jaffe have agreed to present a "dialogue" with the students during a luncheon on the topics of gender, race and the nation. The documentary film The Weather Underground, which has been nominated for an Oscar this year, will also be screened in conjunction with the conference midweek on March 3.

The idea of inviting these two speakers first came about from Women's Studies students who, after doing research on radical feminist groups of the '60s, wanted to know what had come of them and their politics.

Barbara Smith is the author of several books including This Bridge Called My Back and the highly-acclaimed All the Women are White, All the Men are Black, But Some of us are Brave. She was one of the first people to challenge the hegemony of white, bourgeois feminists and gave rise to what is now known as "multicultural feminist literature."

Naomi Jaffe is the Executive Director of the feminist grant foundation Holding Our Own. During the '60s and '70s, she was a member of several radical organizations including the New York Redstockings and WITCH (Women's International Terrorist Conspiracy from Hell). She is also a member of "The Weathermen" which is a radical faction of the Students for Democratic Society, a group that called for a revolutionary overthrow of the U.S. government.

According to the Women's Studies group this event will help students in understanding these authors' works and their politics. Organizers feel it will be highly educational and really get students thinking about these issues and their importance.

Taiko Drummers Kick Off Soundings With A Bang

By Mike Trzciensky

The Portland Taiko Ensemble from Portland Oregon kicked off Soundings for the spring semester on January 27, 2004.

The group was established in 1994. They combine traditional Asian American music and newly composed material with dancing to create their own original repertoire. The group consists of co-directors Ann Ishimaru and Zack Sempke as well as Naoko Amemiya, Rachel Ebora, Teresa Enrico and Michelle Fujii.

The performance was an upbeat and rhythmic look at Japanese culture. The Taiko drumming was a successful start to this year's Soundings program.

Woodson (cont. from page 1)

suffered."

In 1915, Woodson founded the Association for the Study of Negro Life and History with the goal of trying to recognize their history. Through the Journal of Negro History that he began in 1926, the association began pressing for a "Negro History Week."

Negro History Week was first celebrated that same year during the second week in February. February was chosen because Fredrick Douglas, and Abraham Lincoln, two important figures in history, celebrated their birthdays during this month. It was also chosen because slaves did not start to hear the news about the signed 13th Amendment until February.

In 1976, the renamed Association for the Study of Afro-American Life and History expanded Black History Week into Black History Month. Woodson often noted to many people that he hoped the time would come when Negro History Week would be unnecessary; when all Americans would willingly recognize the contributions of Black Americans as a legitimate and fundamental part of history of this country.

"We should emphasize not Negro History, but the Negro in history. What we need is not a history of selected races or nations, but the history of the world void of national bias, race hate, and religious prejudice."

Dr. Carter G. Woodson
Born: 1875
Birthplace: New Canton, Virginia
Died: 1950

Castleton Students Cast Their Votes for This Year's Presidential Race

"As the main objectives of the entire field of Democrat candidates are to tuck tails between legs and cut out of Iraq as well as raise my taxes I shall cast my vote for W. (And also because I have more than three brain calls to rub together.)" -William Lamb

"I believe that Howard Dean should be the next president. He has a lot of great ideas and I believe that he will really listen to the people of this country. He also comes from a small state and I believe he is humble."
-Bianca Rotmil

"I think Howard Dean should be President because he was a great governor for Vermont, he was fair, and he was willing to listen to let optons run in our state even though others states didn't think so, (like civil unions). He is willing to listen to people not just to do what he thinks is best, he is very honest and generous, he also has enough courage to admit when he is wrong, (like when his son robbed the Burlington Country Club)."
-Tasha Turner

"What our country needs is something new and fresh. Not only someone new, but someone who's untained by our societal and governmental need to blow things up, corrupt our system more and push our country into an economic nose dive. Edwards I believe has the power to change our country. From the people I talked to, they support Bush only because they're negligent to what he does behind his campaigns black curtain. Proof is out there supporting the claims of corruption, lies and stupidity. Yet, these people refuse to acknowledge what Bush is doing to their children, to their family and to their lives. We'll see in a couple years when social security is gone, enflation is way up and our national deficit is out of control. Edwards hasn't been in politics for long. He's been a lawyer, a father, and a husband. The way he talks to his supporting people is gentle and understanding. He looks young, but a middle-aged, experienced and caring man shines through our countries existing and developing problems." - James A. McQuerrey

"I'd like to see at this point any democrat besides Bush or Dean. I hate the job Bush as done for the country. I don't think the war was really nessecary. I don't want to see Dean because I'm aware of the gay marraige law in Vermont and I'm opposed to gay marriage. My favorite democrat is Al Sharpton. I like his personality and think it's time we had a non-white president because it will make a huge statement about how far civil rights have come in the past few decades."

(Continued on page)

August 5, 1964
Three Mississippi civil-rights workers are officially declared missing, having disappeared on June 21. The last day they were seen, James E. Cheney, 21; Andrew Goodman, 21; and Michael Schwerner, 24, had been arrested, incarcerated, and then released on speeding charges.

February 21, 1964
Malcolm X, black nationalist and founder of the Organization of Afro-American Unity, is shot to death in Harlem. It is believed the assailants are members of the Black Muslim faith, which Malcolm had recently abandoned.

March 7, 1965
Blacks begin a march to Montgomery in support of voting rights but are stopped at the Petua Bridge by a police blockade. 50 people are hospitalized after police use tear gas, whips, and clubs against them. The incident is called "Bloody Sunday" by the media

August 10, 1965
Congress passes the Voting Rights Act of 1965, making it easier for Southern blacks to register to vote. Literacy tests and other such requirements that tended to restrict voting become illegal.

Campus Chat

"Castleton State College is accepting a higher number of students each year. Has Castleton accompanied this change with more or larger classes, or are they failing to provide enough classes that have enough space to satisfy the larger student body?"

By Mike Biancosino

"They are doing fine. I get exactly the schedule I want."
-Natalie Brassill.

"I haven't had any problems getting into classes." -Sarah, junior

"Castleton has not provided enough resources for the student body."
-Mike Argeros

"I feel that CSC is failing to meet the needs of the students. I am an education major and every semester it is a struggle to get into the classes required for my major. I am behind in credits because of the fact that education classes fill up so quickly. There have been many times when I haven't made it into classes I needed. If you're going to expand the student population, you need to make the necessary adjustments to the number of classes offered."
-Anne Boudreau, junior

"Classes need to be bigger. I mean this is the year 2004."
-Emily Johnson, freshman

"I didn't get a few of the classes that I wanted."
-Kamme Griggs, freshman

"They need to offer more classes at different times for each course to provide for the student body." -Ryan Murray, sophomore

"They need to let more kids into classes. Some kids want to take different things but cannot due to class size. Some fill up too quick."
-Zac DiPasquale, junior

"I am unsure as to the colleges efforts to accommodate the growing student body. I assume that they will be making changes to accommodate those needs if they have not already done so. In my experiences here I have had trouble getting into all of the education courses that I have needed for my major. I would suggest that the college offer more core major requirements as the numbers of people within that major would indicate." -Erin Butterly, junior

"As of right now, I have not noticed any changes in class size."
-Rich Eckrote, sophomore

Several Castleton Students Travel to Parts of the United Kingdom Over Winter Break

Photos by Corrine Casella

Tower Bridge in London, England.

From left: Kevin Avery, Gerilynn Swede, Becky Johnson, Maggie McCarthy

Capital city, Edinburgh, Scotland

A Community's Response to Underage Drinking

By Kathy DelSavio

Have you ever wondered what repercussions you would face if you were caught drinking as a minor? If you were expecting a "slap-on-the-hand" then you are mistaken. Those who are caught committing alcohol offenses on and off campus are required to complete Rutland County's court diversion program, an Alcohol Safety Program designed to help combat underage drinking.

According to the Vermont statutes, Title 7, Section 656, "It is a civil violation for minors, aged 16 through 20, to consume, possess or attempt to obtain alcoholic beverages." Minors who break this statute are given a Notice of Violation and are required to enroll in the Alcohol Safety Program, completing all requirements. The requirements of the program include participation in a substance abuse assessment, participation in alcohol education programs, or substance abuse counseling. Violators are *also required to pay a $150 program* fee, as well as any other necessary educational and assessment fees. Once the Alcohol Safety Program's requirements are completed, the ticket that the police officer has written will be voided and stricken from your record. However, if you fail to contact the Court Diversion Board within 15 days of your offense, and are found in violation, you will have to pay a $300 fine and your driver's license will be suspended for 90 days.

In light of this information, how many of you want to risk paying *a $150 fee, perhaps even a $300 fee,* as well as having a suspended license and making a time commitment to the court diversion program? By providing the above information to you, I hope to create an awareness of the penalties that underage drinking could pose to students such as yourselves.

Safe Ride
ext. 1472

April 4, 1965
Reverend King, at age 39, is shot as he stands on the balcony outside his hotel room. Although escaped convict James Earl Ray later pleads guilty to the crime

April 11, 1968
President Johnson signs the Civil Rights Act of 1968, prohibiting discrimination in the sale, rental, and financing of housing

April 20, 1971
The Supreme Court, in Swann v. Charlotte-Mecklenburg Board of Education, upholds busing as a legitimate means for achieving integration of public schools.

March 22, 1988
Overriding President Reagan's veto, Congress passes the Civil Rights Restoration Act, which expands the reach of non-discrimination laws within private institutions receiving federal funds.

Living

Castleton State College

Icing Winter Panfish

By Nick Smith

With a layer of fresh ice on local water bodies, devoted ice fishermen can be the first to sample the new year's bounty, before the hook and bob crowd ever arrives. It's this early to mid season that bares the brunt of fillets for savvy, cold-weather anglers. Whether by the use of the mechanical tip-up or by the timeless art of jigging, Vermont winter panfish are abundant and here for the taking.

The task of icing perch, bluegills and crappies, revolve around the start and finish of seasonal cycles. With the ending of the last autumn migration, panfish have now found deeper and warming wintering grounds to brave cooler temperatures. These staging areas can encompass the usual sunken timber, debris, and underwater points and ledges, familiar with most warm water specie patterns. For either of these panfish, these forms of cover are acceptable, and should be thorougly canvassed when looking for a fresh bite. But utilizing these secluded areas aren't enough. Pan fryers can suspend at all levels of the water column, making their patterns quite unpredictable to the unknowing angler. Oxygen levels, temperature and the availabilty of zooplankton, can shift hovering schools several feet either way. It's your job as an angler to locate these shifting schools and present a bait that is favored.

Nick Smith, first place trout from the Down Home Derby

With the topography and depth of most water bodies being far from consistent, each fishery holds entirely different set of rules. It would be ill advised to assume a certain blanket depth for any species as granted piece of knowledge. Of course, knowing the water body through past fishing experiences is the most precise manner in locating these hidden havens. But with an inexpensive fidh finder, and a quick cutting hand auger, the searching ice angler can cover a large area in only a matter of minutes. No area need to foreign again, one can rely on these staging areas, and their "sunken" knowledge to plays major roles in the icy equation.

A Look in the Tackle Box

The simple and olf fashioned ideals of minnows and hand-lines have for the most part gone with the times. Graphite jog rods, temperature sensitive line and a plethora of baits, are now the norm to seasoned pan fishermen. An abundance of technology, not available to the anglers of yesteryear, makes this chilly sport much more productive for the average angler.

When jog fishing the first of January, it's important that the angler be adequatly stocked with a large assortment of jigs, flies and natural baits to cover all situations. With a huge selection of jigs and flies on the market, an angler can have literally dozens to chose from. From tiny, slow decending ice flies to large, quick sinking willow leaves, the jig fishermen needs a versatile arsenal. Most importantly during this early season, is the weight of these imitations. With most species hovering much deeper then in the coming months, lures need to be much heavier then their spring counterparts. For bluegills, the 1/32 ounce tear drop that supplied during the pre-spawn of March will be much to small to present to a deeper audience. A larger imitation will be needed. Yet, problems can arise when fish have been repeatedly exposed to these larger baits. So naturally, the next step would be to down size, and reinstate that 1/32 ounce tear drop, right? If you agreed, you're absolutely correct. Downsizing your presentation is the remedy to bait cautious panfish. Several split shots or a 1/16 ounce egg sinker pegged several inches above the jog or fly, solves this seasonal problem.

Methods for the Catch

Once the baits have been selcted, its presentation is next in line. Within the last few years, the craze known as dually rigging has spread throughout Vermont waters. The once suffice single rig, has been thrown to the way side, and anglers have adopted this simple rig for its fish catching appeal. Unlike the single rigs, the dually, as its name implies employs two jigs or flies at once. Many fishermen have found their own deadly combinations, whether with the use of two jigs or the use of bait and a fly, each angler usually has their special favorites. I've found for optimum success the need for a jig and fly to seal rhw deal with heavy slabbers. With the fly tied twelve to fifteen inches above the jig, the jog has a tendency to slowly sink, while the fly gently drifts behind like a scud. From the eyes of a panfish, there couldn't be a more appealing scene.

Fishing these early season periods usually doesn't require the need for thte fast or erratic jigging presentation presented in most ice fishing artic les. The majority of these stories are written regarding pre spawn conditions when fish are more aggressive and packing on extra ounces for the spawn. Taking the speed down considerably, and being more aware of the gentler bite patterns found during early season, will increase your chances dramatically. The gentle drifting/raising action found with jog and fly rig, gives that slower acton needed for the less then enthusiastic fish. This tactic can work anywhere, and should be employed during the slower sections of the early season.

But Where do We Go?

Choosing your locations need only be based on a few variables that coincide with all species of fish. Temperature, weather, time of day and time of season will all impact your choices. Temperature and weather will impact all locations, but fishing either before or after a severe weather or temperature change can leave you filleting slabbers until midnight. It's these natural elements that warn fish of incoming "disasters" and consequently the need to feed. Time of day and season can change periodically, but good rule to remember as with any creature: just before dark and just after dawn. Either of these times will stir hungry panfish from their sleep like states and send them out, in search of food.

Every year, several Vermont fishing holes are overlooked. Many only a short drive from where you are right how! Probably the closest areas reside somewhere on Lake Champlain. A lake known for superb panfishing, Champlain holds many hidden secrets.

For the north bound angler, the yellow perch fishing founf from Shelburne bay north to Burlington is outstanding. With depths ranging from a few feet to a couple hundred, perch usually range in closer to shore, in the twenty to sixty foot mark. Here again, it all depends on those deciding factors, and only experience and preferably a fish finder can aid in the search.

South on route 22A, lies another Champlain hotspot that is known for its fair share of fish. Located in the central part of the state, Benson landing, houses more bluegill, crappie and perch than most lakes ever see. The "landing" as it's called by locals, is one of those need to fish spots that you'll want to try. With water depth considerably shallower in most places, bluegill and crappie are the dominant species, but schools of perch are numerous. Jigging the water chestnuts and shallow weed line edges will insure a bite.

In the southern town of Whitingham, Harriman Reservoir is one of those perch waters anglers dream about. With the majority of the fish caught in deeper water, fish quality is guaranteed. As with Champlain, the same methods apply, with the expectation of water chestnuts which aren't yet found here. Fishing deeper drop-offs and working into shallower bays, should uncover the quarry.

Have a safe and successful season. Tight Lines!

Friday Night Club meetings are every Monday night at 7:30 in the Campus Center. All are welcometo come and plan events for the semester.

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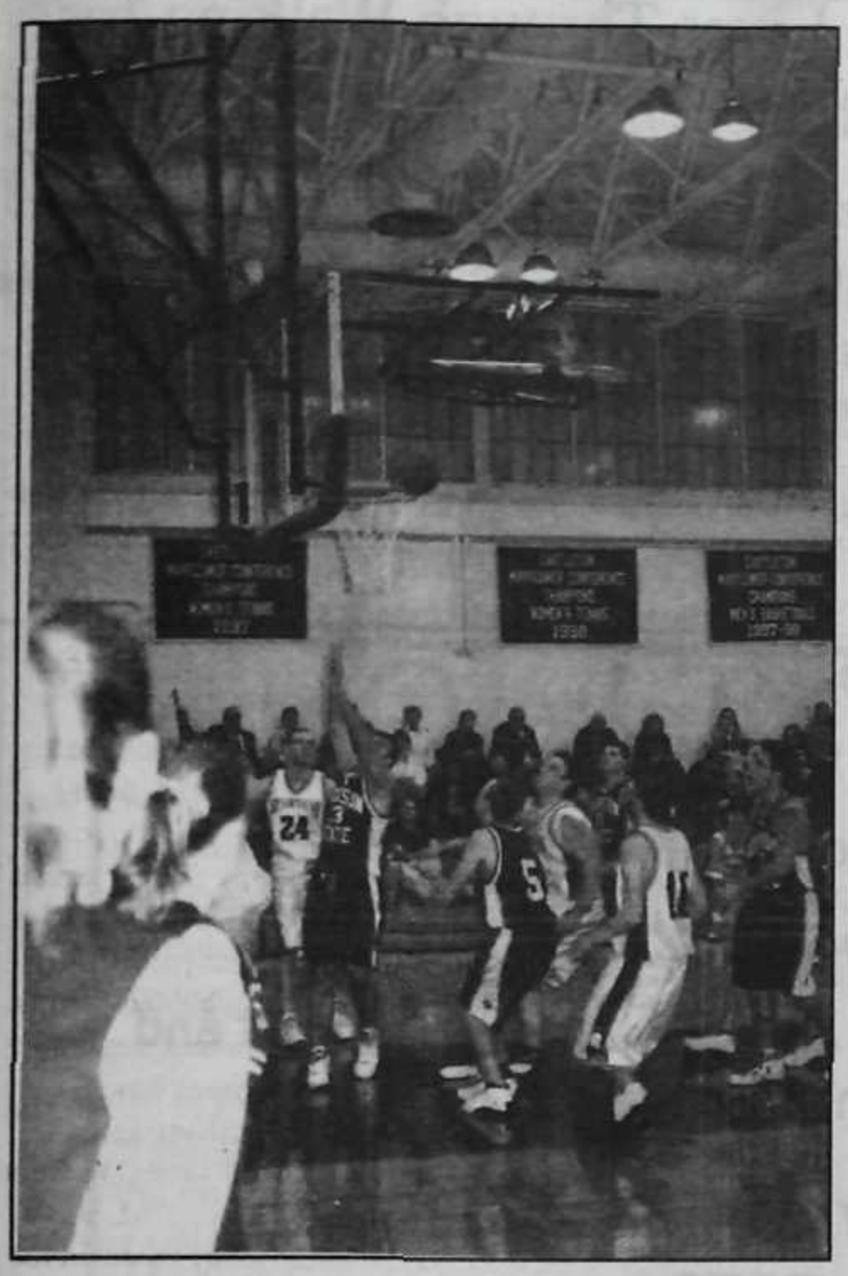
November 22, 1991
After two years of debates, vetoes, and threatened vetoes, President Bush reverses himself and signs the Civil Rights Act of 1991, strengthening existing civil rights laws and providing for damages in cases of intentional employment discrimina-

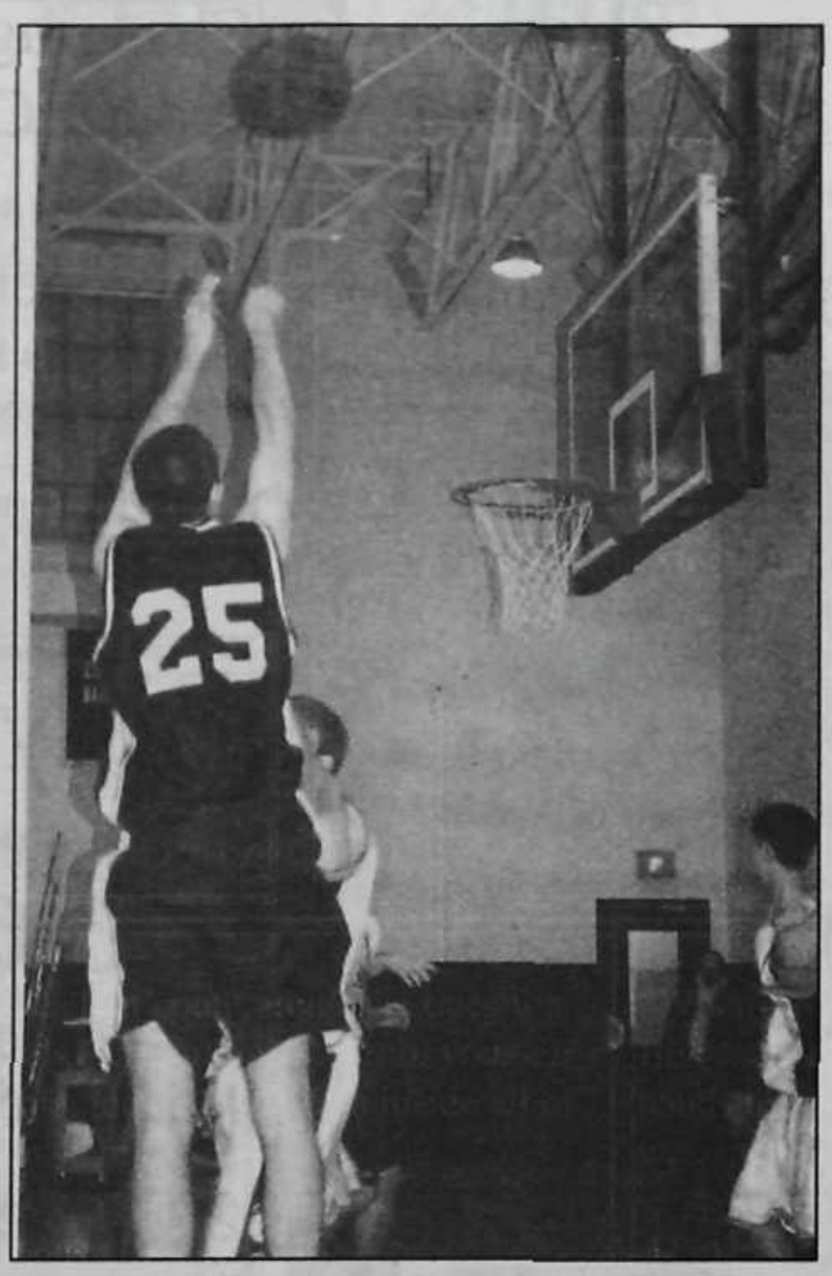
June 23, 2003
Supreme Court Upholds Affirmative Action in Higher Education in the most important affirmative action decision since 1978 Bakke case, the Supreme Court (5-4) upholds the UNiversity of Michigan Law School's policy, ruling that race can be one of many factors considered by colleges when selecting their students

"I never thought of losing, but now that it's happened, the only thing is to do it right. That's my obligation to all the people in me. We all have to take defeats in life." Muhammad Ali (1942-)
-Statement after losing his first fight to Ken Norton, March 31,
1973

Sports and Events

Castleton State College





Photos by Amy Cook

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SA Update

By Lindsay Hale

Within the last few weeks everything at Castleton has picked up steam, from sports to classes and homework. The Student Association has also been gaining momentum, with elections just around the corner and activities running smoothly. Elections will run from February 23 to 2, 2004.

So far this semester students have seen events like Bingo, a pool tournament and the occasional concert in Fireside, which is now finally open for business. Most of the Coffeehouse events brought to campus by the Activities Board will be held in Fireside.

Another change this semester is the Monday Night Movie time, which is now set for 8:15 p.m., due to the class schedule for Herrick Auditorium.

You will also see a new style to the *Activities Board flyer that is put in* your mailbox weekly. It is now a newsletter, with descriptions of the events going on that week. The newsletter provides information on events all over campus for that week. So keep it and read it. It could be useful in helping you remember that basketball game you wanted to go to or that concert J.AM. was putting on.

If you want to be a part of the Student Association, the Tech Committee for the Activities Board is always looking for help and no experience is necessary. Just contact Mike Pacitti at mike.pacitti@castleton.edu.

Is your club up to something? If so, e-mail the Cairn at cairn@castleton.edu

Interested in being a sports writer? Contact the Cairn soon. There are four more issues left, and tons of Spring sports going on!

Paramount Theatre

Coming Soon

Pendragons February 27, 2004

Vermont Symphony Orchestra March 7, 2004

Blue Grass Gospel Project March 13, 2004

Sleeping Beauty March 20, 2004

Tower of Power April 25, 2004

Sarah Plain & Tall May 15, 2004

Footloose The Musical May 21st & 22, 2004

Important Dates & Upcoming Events

2/13	Residence Halls Close for Winter Break	6 p.m.	
	Castleton Teen Night	7 – 10 p.m.	Campus Center
2/14	Special Olympics	9 a.m.–12 p.m.	Shape Gym
2/21	Special Olympics	9 a.m.–12 p.m.	Shape Gym
2/22	Residence Halls Open	10 a.m.	
2/23	Classes Resume	8 a.m.	
	Monday Night Movie: "Boycott"	8:15 p.m.	Herrick
2/25	Coffeehouse	7- 9:30 p.m.	Fireside

Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.
I rise
I rise
I rise

-Maya Angelou (1928-)
"still I rise," *And Still I Rise (1978)*

"The battles that count aren't the ones for gold medals. The struggles within yourself--the invisible, inevitable battles inside all of us--that's where it's at."

-Jesse Owens (1913-1980)

"When I found I had crossed that line, (on her first escape from slavery, 1845) I looked at my hands to see if I was the same person. There was such a glory over everything."

-Harriet Tubman (1829-1913)

Events

Castleton State College

What's Going on This Semester for Castleton's Alternative Spring Break?

ASB Members from top Left-hand side: Audra Grady, Colin Lafave, Shannon Lowcock, Rebecca Becker, Kathy Delsavio, Heather Denardo, Ariel Delaney, Sarah Matt, Sonya Reynolds, Jan Rousse, Zach Monforte, Shane Rogers, Matther Omorrow, Nathan Williams.

Photo courtesy of Ashley Dubois

CSC's Alternative Spring Break kicks this year off by helping out at Castleton's Halloween Fair.

Changing Lives Through Walking for Project Chacocente, Nicaragua.

Join Alternative Spring Break in **Walk for Project Chacocente, Nicaragua**, on February 28, 2004 at the Diamond Run Mall, Rutland. Registration begins at 8:30 am. For more information please contact ext. 1371.

$25.00 is the suggested donation. But most importantly is your participation!

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Cairn meetings are every Monday at 6:30 in room 66 of Leavenworth, and Thursday during n-period (12:30) in the same location. Cairn ext. 6067

Alternative Spring Break to host Pasta Dinner on March 19th and 20th. Call ext. 1371 for more information.

The Cairn

Doctor Faustus
March 17-20, 8 p.m.
March 21st, 2 p.m.
Fine Arts Center

Castleton State College | March 5, 2004 | Free

Parking Crisis Causes Outrage Throughout College Community

By Lindsay Hale

There has been a decrease in the number of available parking spaces for both commuter and resident students on campus this semester, due to the construction of the new residence hall and fitness center.

One common problem has been resident students parking their vehicles in the commuter parking places, leaving commuters with nowhere to park. There is a temporary student parking lot, designed specifically to avoid this problem, on South Street, approximately a quarter mile from Ellis Hall.

Students, however, complain of the lot's distance from campus. Many simply don't want to walk that far in cold temperatures, especially while carrying an armload of groceries. "The lot behind Babcock should be just for residents and if we were promised a resident lot beside Public Safety, it should be beside Public Safety. I didn't think that it would be that far away," one student said.

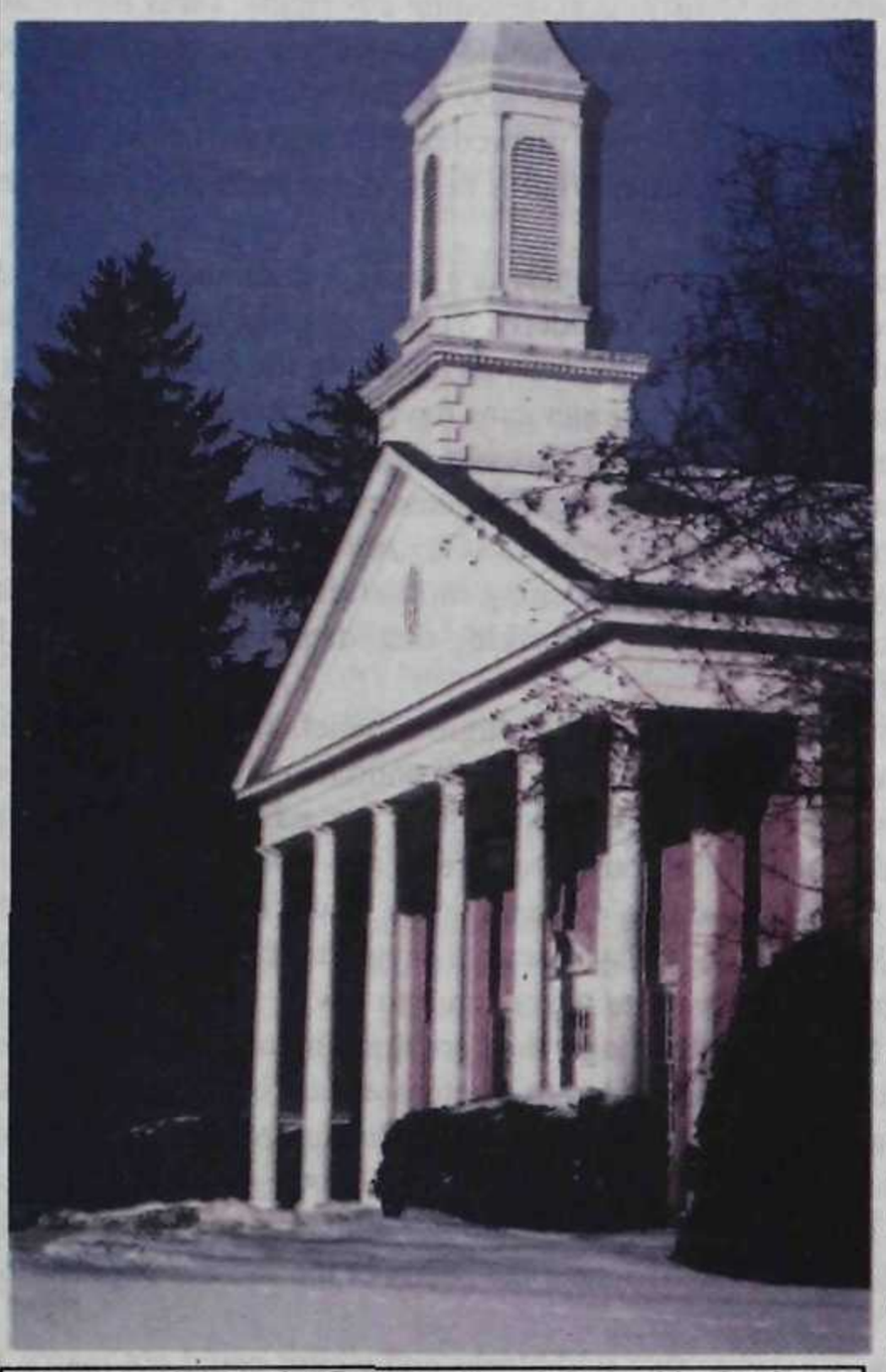
Another frustrated student feels that something needs to be done to change the parking situation. "I think that the commuter lot should be open to anyone with a Castleton sticker on their car whether resident or not," the student said.

Public Safety urges everyone to be patient with the current parking situation and to move their cars when asked. Director of Public Safety Jim Fuller hopes that when the building project is completed the temporary lot will be put to some other use. Meanwhile, the Public Safety staff has supplied students with as much lighting and as many pathways from the temporary lot on South Street to the campus as they can.

Some students are trying to make the best of the situation. "A little exercise never hurt anyone. Put on a hat and walk," one student said.

Roman Catholic Diocese in Burlington Reports a Decreasing Number of Priests in Vermont

By Scott Lamphear



Saint John the Baptist Catholic Church located in Castleton. (Photo by Rebecca Becker)

The number of priests that serve the Roman Catholic community of the state of Vermont is in decline, according to a recent pastoral letter written by Bishop Kenneth Angell of the Burlington diocese.

According to the Bishop's letter, Vermont Catholics now worship at 130 churches throughout the state. Many priests serve at more than one church, due to the low number of priests.

Currently, 97 priests serve in "active full-time ministry" in the state. Of these, 32 are over the retirement age of 70. Only six priests are under the age of 40. The letter predicts that in ten years approximately 30 priests will be under the age of 60 and only 55 priests will serve in active ministry.

Bishop Angell stated in his letter many of the ways the diocese is coping with the declining number of priests. These include the "share-a-pastor" model in which a priest serves at several churches in one area of the state, changing mass schedules so that a priest will be available for the service, and having pastoral associates assist the pastor in meeting the demands for the parish community.

Another consequence of the decline in priests is that a few parishes have been closed in recent years.

Juilliard Jazz Ensemble Comes to Castleton

By Mike Trzciensky

On Saturday, February 7, Castleton welcomed the Julliard Jazz Ensemble to campus. The ensemble is comprised of four of the 21 students accepted into Julliard. The group is made up of Jon Irabagon on saxophone and flute, Matt Rybicki on bass, Drew Pierson on piano, and Marion Felder on drums.

The group played a host of jazz standards including "I Thought About You," "Body And Soul," "It Could Happen To You," and "Groovin' High." All of this made for a refreshing and impressive evening of jazz.

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8/12/84-2/22/04

We'll miss your smile, laugher and most of all your friendship. You'll always be in our hearts. We love you, Sara.

Sara Varney, 19, of Jericho, died Sun., February 22,

Castleton Snowboards to Nationals; more on page 7.

Soul 12 Prepares to Jazz Up Castleton; more on page 5.

The Atkins Controversy; more on page 7.

Editorial

Castleton State College

Bush Gives Gay Rights a Strong Push in the Wrong Direction

By Corinne Casella

Every once in awhile something will happen that breaks through my college haze and forces me to take a look at what's going on in the world. I was just sitting in class the other morning and we started discussing the fact that President Bush is trying to rewrite the Constitution regarding gay rights. I was blown away by this, I didn't think anyone could do that If passed this amendment would prohibit gay couples from marrying along with denying them basic legal rights they have fought for and won. Whether or not two men or two women want to marry is none of my business or anyone else's. With the divorce rate as high as it is we should be happy that some people still take the sanctity of marriage seriously. What is being discussed here is not a degeneration of family values but a promotion of them.

In his speech, Bush tried to talk about this discrimination as a crisis. I think one of Bush's aids should explain to him what a real crisis is. According to Lois Wunderly, Sociology professor, 1 in 6 kids live in poverty, our country is 22nd in the world for infant mortality rates, schools all across the country are laying off teachers, forty-three thousand people have lost their health care, Americans have lost three million jobs this year, and three thousand U.S. soldiers were injured in the Iraqi war. This is a crisis.

We call our government a democracy, which in my mind denotes equality and classlessness. No one has the right to change the definition of democracy to fit their needs. Gay Americans vote and therefore their interests should be taken as seriously as any voter. If Bush is pushing for reelection, he should realize that he just alienated about a tenth of the population. All he is doing is making candidates like Kerry and Edwards seem more educated and himself more ignorant.

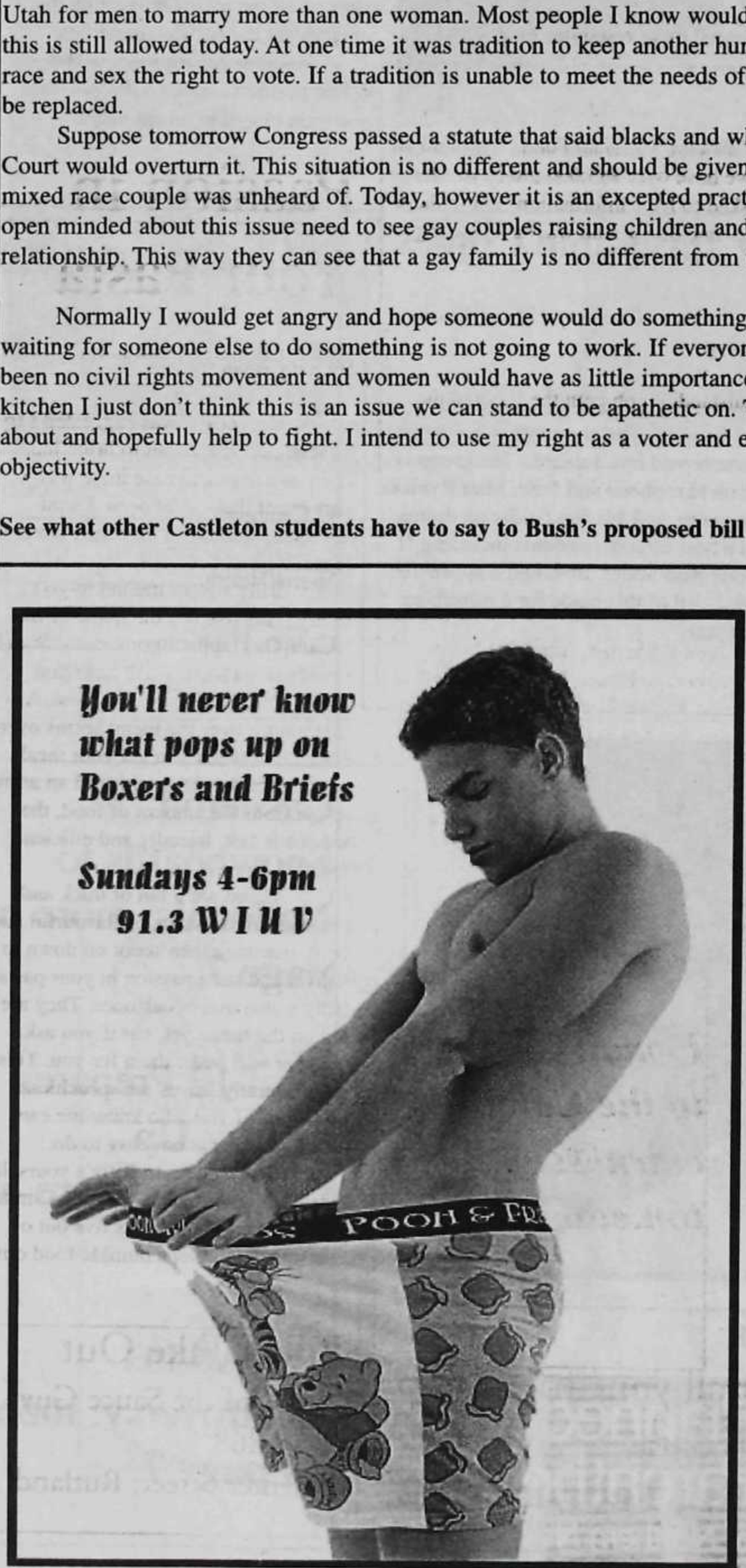
What it boils down to is President Bush is imposing his religious beliefs on the whole nation. Our Constitution clearly states that there should be a separation between church and state. What he is proposing threatens to shake the core foundations this country was founded on. If a much smaller issue like school prayer can be so easily vetoed, than this should not even be considered. Years ago voters were afraid to elect President Kennedy into office because he was a Catholic and they were afraid he would mix politics and religion. I believe this is exactly what is going on in the White House today. I am not saying that Bush and his party are not entitled to their own beliefs but they do not have the right to turn them into law.

When most people think of the tradition of marriage, they are thinking of the Christian definition. Many believe marriage should remain sacred and only be granted to a heterosexual couple. However, in every era, there comes a time when traditions need to be broken and things need to change. For example, it is tradition in Utah for men to marry more than one woman. Most people I know would be against this for moral reasons, yet this is still allowed today. At one time it was tradition to keep another human as a slave and to deny an entire race and sex the right to vote. If a tradition is unable to meet the needs of the present population than it should be replaced.

Suppose tomorrow Congress passed a statute that said blacks and whites could not marry, the Supreme Court would overturn it. This situation is no different and should be given equal consideration. At one time, a mixed race couple was unheard of. Today, however it is an excepted practice. I think the Americans who are less open minded about this issue need to see gay couples raising children and succeeding at being a legal committed relationship. This way they can see that a gay family is no different from their own.

Normally I would get angry and hope someone would do something about it. Though sitting back and waiting for someone else to do something is not going to work. If everyone was in this mindset their would have been no civil rights movement and women would have as little importance as a dishrag in their husband's kitchen I just don't think this is an issue we can stand to be apathetic on. This is a matter I tend to learn more about and hopefully help to fight. I intend to use my right as a voter and elect someone with less bias and more objectivity.

See what other Castleton students have to say to Bush's proposed bill on the next page.



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Interested in Writing for the Cairn next semester? E-mail us at **Cairn@castleton.edu**

~Our Letter Policy:

Yes, we'll publish your opinions! All letters must be signed and must include typed name and phone number for confirmation. Please note: we do not alter your thoughts; our editing is restricted to spelling and grammatical errors only. It is our opinion that it is not up to us to rewrite our interpretation of your thoughts. We reserve the right to publish or reject any submissions.

Thank you.

Rebecca Becker
Editor-in-Chief

Editorial

Castleton State College

A Verbal Virus Gone Mad

"I am, like, going to class now." "Isn't she, like, so weird?" "I am, like, so late for work." In case you didn't notice what was wrong with those statements, I'll let you in on it. Both had the over and misused word "like" stuck right in them, serving no significant purpose at all. Our generation, possibly considered the father of the misused term, is entering the professional world and still using the term frivolously, and is beginning to sound jarring while trying to get, "like," a real job.

I can remember back to ninth grade when the term was becoming more recognized in most students' vocabularies, my English teacher counting each time a student used the word and charging them one cent per usage. The end of the school year left several students owing her a couple dollars. I feel teachers and professors gave up shortly after this epidemic broke out and began accepting what many like to call a "verbal virus."

It isn't just in America that this seems to be the norm now in language. Linguists' say the virus has spread to other English-speaking countries around the globe. A recent report in the Wall Street Journal stated, "British kids now grease their sentences with the word."

Although the word "like" has many different variations, a diverse range of people is using it too frequently. As a result, doctors, lawyers, investment bankers, teachers and nurses are all beginning to sound like the stereotypical "Valley Girl." All we can wonder is where did it come from and why? Was it girls who worked at malls in L.A. or is it because we are a generation who grew up playing with Barbie and listening to Cindy Lauper? Wherever the birth of the misused word "like" came from, it hasn't faded away yet and is reshaping the English language into a more sloppy and lax one.

Rebecca Becker
Editor-in-Chief

Students Respond to Concept of Gay Marriage

The way I see it, divorce rates are through the roofs in today's society. Heterosexuals have themselves forgotten what the "sacred" aspect of marriage is. *How can these people who they themselves have forgotten what true marriage is* supposed to stand for judge those who will most likely never be divorced. Same-sex relationships are not based on sex, money or lust, they are based on the true desire to spendthe time and effort with one person.

[Gays] have fought for so long and so hard for this that it must be recognized that they are not going to be a disgrace to the "sacred" aspect of marriage that everyone likes to bring up. Heterosexuals have been allowed to marry and divorce and marry again for years and for as many times as they want. Have we not yet learned that when people fight for something, with everything they have, that they are the people who hold the most respect for what they are fighting for?

We fought for our independence because we believed that it was just and that it was something sacred... I do not see how this is much different. The way I see it, they show more respect and honor for the union of marriagethan most heterosexuals I know. In regards to the issue of them just marrying for the benefits... it happens every day with heterosexuals. At least in this point in time, we know they will not be marrying for money or citizenship. They know what love is and I do not feel we have a right to punish them for remembering something we have forgotten. Marriage is the honor of two people, the love of two souls, and the respect of two entities. Who are we to say who can or can not have these aspects in their home?

~Kristin Baker

Eventually down the road, whether it be next week or ten years from now, the law for same sex marriages will pass and anyone will be able to get married. We might as well quit stalling and just let it happen whether we like it or not. We cannot fight or stop the inevitable.

~Anonymous~

(Read more responses on page 4)

Castleton's Annual Phonathon

This past month, 27 students manned the phones in Leavenworth to raise funds for Castleton's Annual Fund. They did an outstanding job! Our goal during this pledge drive was to raise $100,000. To-date we have over $85,000 pledged. One factor that will help us reach the $100,000 goal is the number of donors who have asked to have information sent to them so that they may "consider" making a gift. Last year, we received a $10,000 gift from one donor who was "considering." (Thank you, Mr. Andreoletti!)

In addition to the nightly callers, twenty members of Alpha Psi Omega donated their time and raised over $5,000 during two phoning sessions. Many thanks to Todd Gordon who organized this energetic group.

This year's coordinators were Lauren Sullivan and Melissa Simpson. They did an outstanding job with the "behind the scene" details.

For those who have contributed to Castleton's Annual Fund, thank you. Your support and dedication to Castleton is very much appreciated.

A special thank you to ARAMARK who donated cookies and soda every night. They were a great "pick me up" when the going got tough.

Members of the 2004 Phonathon team are Loretta Barthel, Elisa Beatty, Alex Brown, Jenn Catherine, Amanda Collins, Kimberly Dickinson, Jeffrey Durkee, Nicole Haddad, Ross Harmon, Jeremy Henry, Jacqueline Heuer, Aurora Jennings, Tulsa Maxham, Amelia McConnell, Rachael Morgan, Marc Newcomb, Emily O'Connor, Karlyn Pierce, Michael Pacitti, Jennifer Rivera, Leeanna Robinson, Colleen Rupp, Catherine Schmidt, Melissa Simpson, Lauren Sullivan and Nate Williams.

Thank you and congratulations to a job well done!

Sam Chandler '82
Annual Fund & Alumni Director

Passion in Your Pasta

By Seth Tuper

Recently it was suggested I try a "take-out" restaurant to bring the food on campus in case there was a club event that might need decent nourishment. Billy's on center street in Rutland caught my eye.

Billy's is an Itallian to-go eatery. This place is the home of the "Sauce Guy" whose homemade from scratch pasta sauces will have you coming back for more and more. At first glance over the menu seems over-priced, but when you get your meal you realize that $6 could feed an army. Aside from the amount of food, the service is fast, friendly and efficient too.

If you are a fan of thick and creamy alfredo sauce or flavourful and zesty marinara then scoot on down to Billy's and taste passion in your pasta. Billy's also makes calzones. They are not on the menu yet, but if you ask, the chef will make them for you. This place literally leaves me speachless, and those of you who know me can verify that that is not easy to do.

So go down to Billy's yourself to try Italian food that will put a smile on your face. Billy's gets five out of five stars from me, a humble food critic.

Billy's Take Out
Home of the Sauce Guy
775-6868
2 Center Street, Rutland

Campus Chat

By Michael Biancosino

What is your best memory you have at Castleton?

"My best momory at Castleton is the day we got a butt-load of snow and I went riding."
Chrisco- Sophomore

"Meeting my bestfriend, and having a great time releasing stress by having a pigwar fight in the lobby of Wheeler throwing stuffed pigs at each other and running around crazy."
Kate Halibozer- Freshman

"Going to all my exams hung-over, not studied at all, and then realizing that I did quite well."
Katelyn Connally- Freshman

"Playing Fat Steve in Corey Thayer's show :Everything in Its Right Place."
Chris Piechuta- Freshman

Campus Chat is cont. on page 5

E-mail all letters to the Cairn @ cairn@castleton.edu

Planned Parenthood® of Northern New England

Editorial

Castleton State College

Gay Marriage Responses (Cont.)

I am completely in favor of same-sex marriages. Marriage started out as a way to document geneology to show people their family history. It took several hundred years for the church to establish any religious connection to marriage. The church should have no say in how we run our legal system. If people of the same sex want to share the same rights that heterosexuals get when they marry, they should be allowed to. If it is the use of the word "marriage" that everyon is so affraid of, just call it a civil union and let them have whatever kind of ceremony they want. This is supposed to be the land of the free. We should be free to show our love and have all of the same rights.

~Rachel Russell

I think same sex marriages should be aloud in the U.S. and all over the world. If two people are in love let them do as they please-kimmainunnery freshman I feel that same sex marriages should be allowed to commence, no matter what *state a person lives in. President Bush says that same sex marriages will help in* the deterioration of the sacred institution of marriage. With a divorce rate of a little over half of all marriages, it is obvious that Americans don't really hold them as being sacred...every person has the right to marry the person that they love.

~Molly Harrington

I personally don't believe in "gay marriage." Marraige is, always has been, and always should be a consitution between one man and one woman. On the other hand, I am not opposed to gay couples getting the insurance and other benefits that they are looking for. But please don't call it marriage!

~Taryn Parke

Without the blessing of any religion or the ability to procreate, marriage loses its deeply rooted meaning.

~Mike Donlon

Same-sex "marriage" is a threat to marriage. Marriage is not just hooking up with someone you "love," but it is for procreation, raising and educating children, and unity. *Our society revolves around families and once it is threatened,* the entire society is threatened. Once we recognize same-sex "marriage," how long will it be before we have to recognize the so called marriage rights for polygamists and man-boy relationships? People claim that will never happen, but it already has been happening. NAMBLA will eventually have its way due to apathetic people and dissenting judges. People need to think beyond rather than think currently.

~Jeffery Jennings

I don't see why there is a difference between same and different sex couples. Marriage is about LOVE. The homophobes argue that by allowing homosexuals to marry would defile the instituion of marriage. I beg to differ because 1.) "Straight" married couples cheat on eachother all the time and 2.) No gay marriage could ever defile the instituion of marriage like the FOX program "Who Wants to Marry a Multi-Millionaire"? (a.k.a. legalized prostituion on prime-time TV).

~Michelle Bird

I am proud to live in a state that has begun to dispel the fear surrounding gay marriage in the United States. By legalizing it here in Vermont, we have begun to say that everybody's lifestyle deserves respect and attention. It is frightening to think that we as a nation are so attached to the nostalgia of heterosexual marriages (as well as other "traditional" social institutions) which is comically and inherently based on nothing but procreation. Unfortunately, I seem to think that this country will need a whole new set of generations in order for gay marriage to be seen as a norm. The United States has no legality issues with Nazis marrying or KKK members marrying, but we do with homosexuals. Consider the disparity there! It is almost laughable that in this modern day we still are afraid of gays. And that's what we are...afraid. Count on the current president to perpetuate these "traditional" and thus pro-magnum age fears. GO VERMONT!

~Sara Garside

I'm all for same-sex marriages being outlawed. I think President Bush's proposal to add an amendment banning same-sex marriages is the best thing that he has done as President. I hope the amendment is added to, as he says, prevent the definition of marriage from changing forever. Whatever people want to do as far as their hormones are concerned is up to them, but marriage should stay between a man and a woman.

~Nick Lee

Love is love. There is too much hate to deny people who love each other the right to express it.

~Remembrance

I am totally against gay marriage. One, my religion does not approve of it. Two, my family does not agree with or support it and Three, I just think it is morally and socially wrong and unacceptable. God created Adam and Eve, not Adam and Steve. Those are my thoughts and opinions.

~Anonymous

I am of the opinion that the same-sex marriage is necessary, especially in these rapidly evolving times. The definition of marriage as set forth by religious institutions, supported by the government, and accepted by the populace at large must to change to reflect ever expanding cultural views. The fishbowl we all live in is getting smaller (or larger, however you chose to see it) and the reality of same-sex relationships is knocking at the door, waiting patiently to be let in. I feel that same-sex marriage should not be viewed as an attack on traditional marriage, rather as a compliment to it, much as red compliments green, allowing more people safety and happiness in the coming times.

~Blair Grossman, senior

When our ancestors came to the United States many years ago, there was a dream that was common amongst their principals; the right to be an individual and make choices for ones self. Since when has it been the job of the government to decide the limitations of individuality? At what point in our history as a human race was it our duty to afflict irrational opinions and intolerance on others in our society? How do I
feel about same-sex marriages? If that choice is a part of you, it should be accepted and even celebrated.Thank you.
~James A. McQuerrey

I feel that same-sex marriages are no different than those of heterosexual couples. Same sex couples feel just as much love for each other and feel the need to share their lives with each other as any one else, and more importantly, they have the same right to do so as any hetero couple out there. I believe that it is constitutionally and morally wrong to ban same-sex marriage. No one has the right to take that away.
Sincerely,
~Amber Acker

Who and what is same-sex marriage really hurting? Nothing and no one. It doesn't change the relationships I have with anyone, nor will it affect my household, marriage, etc. in the future. Straight couples who aren't married have essentially the same rights as those with a civil union in Vermont now, which are the same as marriage rights; without the ceremony and the inclusion of a church. It's called Common Law. Has it really messed up Vermont that bad? I haven't been hurt. Be rational. ~Erin O'Connell

The unity of two people should be considered sacred regardless of their sex or of their beliefs.
~Erin Sheridan
Senior

I believe that marriage is a sacred union between a man and a woman and should be treated as such. I don't think that there is anything "wrong" with same-sex relationships or unions; but I do feel that same-sex marriage is wrong. I do not think that it is discriminatory to keep marriage as a sacred union between a man and a woman. I believe that civil unions is an acceptable compromise to this issue. I do think that same-sex unions should be allowed but not as a marriage, I feel to allow same sex marriages that it would destroy the sanctity of marriage. I realize that I am probably in the minority here but this is what I believe.

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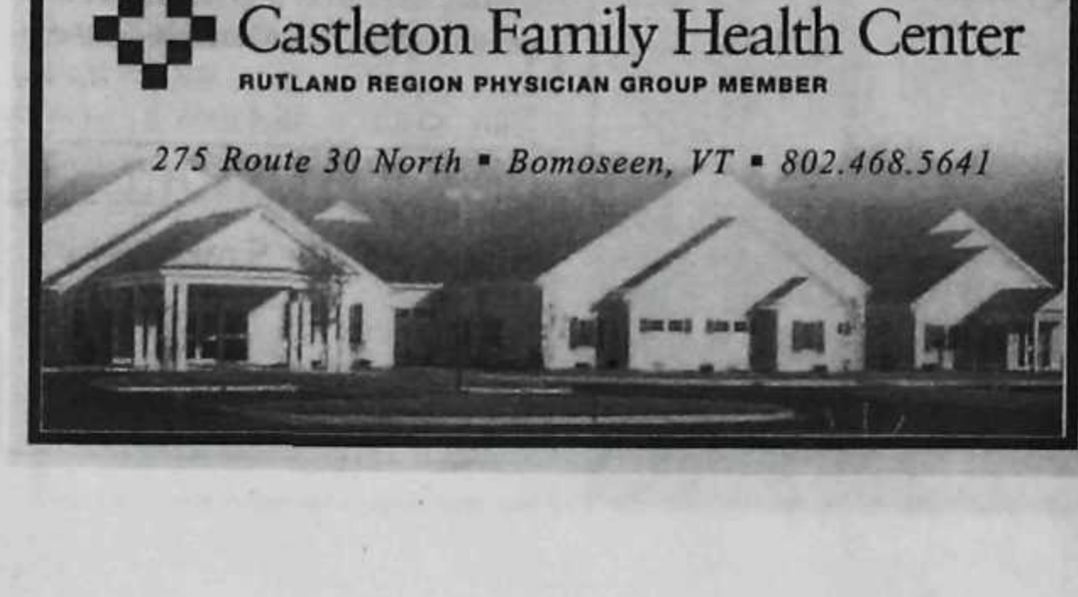

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CSC News

Castleton State College

Soul 12 Prepares to Jazz Up Castleton

By Mike Trzciensky

Jazz is a form of music commonly misunderstood by the average person. The improvisational nature of the music is a challenge for some listeners to grasp. However, an understanding of this music is vital to understand American popular music.

This year, there is an upstart course here at Castleton dealing specifically with learning to sing Jazz improv. The group is called Soul 12, named after the fact that the class meets at noon on Mondays, Wednesdays, and Fridays.

The group consists of members from the Castleton choir. Hanna Cornelius and Jennifer Nichols sing first soprano, Jenna Carlson and Jennifer Dewey sing second soprano, Rebecca Lyons and Sirkka Wirkki sing alto, Josh Culverhouse and DJ Marshall sing bass, and Kevin Ginter and Mike Trzciencky sing tenor.

Dr. Christopher Bakriges is the director of Soul 12. Dr. Bakriges grew up in Detroit Michigan, just down the block from the original Motown studios. He received his doctorate in music specializing in Jazz performance. He has performed with such jazz luminaries as Bobby Mcferrin, Diana Krall, and Anthony Braxton.

Photos by Rebecca Becker

Top photo: The Soul 12 Jazz group
Lower photo: Professor/Director of Soul 12, Dr. Bakriges

Campus Chat (Cont.)

"My best memory I have so far at Castleton was last year at the Scorpian Bowl. It was a day where schools from all over the State came and partied here at Castleton and a day that I will never forget."

Mark Athorn, Sophmore

"I would have to say my best memories come on the weekends hanging out with friends. But I can't put my finger on just one memory when I have so many good times."

N. Blodgett

"My best memory begins with me going to a party with some friends. This was my first night attending college, and going to this party may not have been the wisest choice. As I partook in the festivities I discovered that the police did not approve and were at the front door. I went down stairs and hid for a bit. I then decided I would run. I went out the back door and ran through a corn field. I did not stop running until I was safely in my dorm,"

Pete Ianacone, Sophmore

Parts of the College Left Without Water

By Lindsay Hale

Four resident halls and Huden dining hall were among buildings left without water for about two hours Thursday, February 12.

During the construction of the new residence hall and fitness center one of the excavators punctured one of the main waterways leaving most without water. When the pipe was hit, the water valves were shut off and the pipe was repaired by the contractors themselves. What had happened to cause this problem was a misjudgment about exactly where the pipe was placed. The contractors knew that the one of the main waterways was in the general vicinity. This problem could-potentially have been avoided was if workers had dug with shovels instead of with the excavator, knowing that they were so close to waterways.

Dan Seaman, Director of the Physical Plant, said that the puncture wasn't a serious emergency; they basically knew that the pipe was nearby and to expect other temporary shut downs during the construction. Most of these shut downs should be done over breaks. If they will affect students, email notices will be sent campus wide.

Castleton Students to Travel to Nicaragua

By Jessica Dewey

Fourteen Castleton students are heading to Nicaragua in March as part of the Alternative Spring Break (ASB) program. They are working to help move ten Nicaraguan families from the toxic dump they have been living in to a clean and healthy environment where they can begin new and better lives.

The ASB students will be part of a multi-faceted project designed to provide those it reaches with life's *basic needs: food, adequate housing,* education, health care and work. Project Chacocente is a five-year, worldwide program that Castleton students will be a part of for just ten days. The program was launched in January 2003.

The total cost of the trip is approximately $20,000, which students have been working to raise through a variety of efforts. The students have worked together as a group since October, when they elected to participate in Project Chacocente.

"We've had a coin drop and a Holiday Bazaar. We collect bottles around campus and other areas of the community. Our major fundraisers are approaching over the next few weeks," said Rebecca Becker, one of the seniors going on the trip.

According to their advisor, Jan Rousse, the students won't know what specific tasks they will be assigned until they arrive in Nicaragua. They may be helping with manual labor or they may work to educate the families in areas such as personal accounting or agriculture.

The students traveling to Nicaragua are Rebecca Becker, Ariel Delaney, Katherine Delsavio, Heather Denardo, Ashley Dubois, Audra Grady, Colin Lafave, Shannon Lowcock, Sara Matt, Zachary Monforte, Matthew O'Morrow, Sonya Reynolds, Shane Rogers, Jane Rousse, and Nathan Williams. Rousse will accompany the students on the trip.

This year's trip marks the tenth anniversary of the ASB program at Castleton. This is the first time the students have traveled internationally, however. Previous missions have taken spring-breakers to places such as Washington, D.C., New Orleans, La., and Nashville, Tenn.

Several of the students traveling to Nicaragua have gone on ASB trips in the past. Becker spent Spring Break last year working with inner-city youth as part of an after-school program in Washington, D.C.

"My experience with ASB has been such a joy. I have learned a lot about myself, the community, and how important teamwork is," Becker said. She is excited to be a part of the ASB program again this year, confident that the trip to Nicaragua will be a "once in a lifetime experience."

EL CACAHUATE

("The Peanut")

Castleton State College

Exciting Events at Spanish Club in Fall 2003

Spanish Club in front of The Science Museum in Montreal

By Traci Ceccherini

The Spanish Club faced a large challenge in the fall of 2003- a budget of less than $300 and the largest amount of club members ever. With most officials of the group being new to the "club system" here at CSC, the group was at a standstill as to what to do. Everyone had great ideas about club functions and our annual trip, but the money just wasn't there. So, what do college students do in need of money? FUNDRAISE, FUNDRAISE, AND FUNDRAISE! We worked our tails off using every opportunity we could think of- having a table with goodies to sell at Fall Festival, winning runner-up for "Best in Show" at the Activities Fair, setting up an after school program for every Friday afternoon in Chester, VT, a car wash at Wal-Mart, and a radio show to promote the club. After having a few small functions within the group- cooking workshops, and Spanish movies- we set our goal on a trip to Montreal. The trip turned out fabulous- with much financial help from the SCC- with the highest attendance ever for a club trip. Not only did we do a lot of sightseeing and eat a delicious Mexican restaurant (where there was an awesome Mariachi band and all of the staff spoke Spanish), but we also went to the Science Museum, Olympic Tower, and the Biodome. After we returned from Montreal, we decided to focus larger functions for the entire college community- we decided on a cooking workshop and a dance workshop, since these have been quite popular in the past. We had the dance workshop first and it was strictly salsa- Catalina, the woman in leading the workshop, will be returning this semester for many more dance workshops. The cooking workshop was a huge success- with empenadas, arroz con pollo, and many other delicious treats. We provided the recipes of all the foods at the workshop- which we will also continue to do this semester. The Spanish Club is looking forward to providing many more cooking and dance workshops this semester, in addition to our radio program, weekly meetings, and other fantastic activities!

Studying Abroad in Chile

By Danielle Sullivan, '04

Danielle is at a parade celebrating Chile's Independence Day on May 21

For those of you who don't quite know what studying abroad is, I'm here to explain what motivates students to leave their home, their friends and all that is familiar to study in a foreign land sometimes thousands of miles from home.

Speaking from personal experience, I was a little apprehensive at first about leaving my safety zone, so to say, and traveling to another country. For me, the mere travel itself was something to worry about as I had done very little traveling within the United States beforehand. Thanks to an amazing advisor, Ana Maria Alfaro-Alexander, I was able to discuss my fears and anxieties way before I ever had to step onto a plane.

One of the things we talked about was my living situation abroad. Having spoken to friends and classmates with study abroad experience, it was a little difficult to grasp the concept that a family will simply accept you into their household without even knowing you. I can honestly tell you all now: living with a host family was perhaps the best choice I made during my study abroad. Not only did they treat me like their very own daughter within the actual home, but they brought me everywhere the family was going—to barbecues, to birthday parties, on vacations even. I credit my acquirement of the Spanish language mostly to my experience in that home; they were so patient, kind and understanding in my slow process of communicating in a second language.

In terms of the actual language acquisition, my host family was a huge help, but the classes at the university and the real-life social interactions were without a doubt what lead to my now near-fluent command of Spanish. The university classes were essentially the same as classes we have here in the U.S. except they were taught strictly in Spanish. This was a somewhat frustrating and confusing time at first but little by little you begin to understand what is going on. Not only were the professors wonderfully receptive to me as a foreign student but the students, my classmates, also contributed to my overall positive experience within the academic setting.

Outside of school was where I can really say I learned everything! Cultural values, ways of dressing, typical desserts, the public transportation system, and slang words—just to name a few. Being right there in the middle of their world was what made it so impacting. I continually thought to myself during my almost 10 months in Chile (South America): what is life like to these amazing people and what makes it so special?

I cannot imagine what my life would be like now without having studied abroad. It has positively affected my life in more ways than I can identify. I have a greater understanding and appreciation for other cultures, their values, their language and all of their idiosyncrasies. To be quite honest with you, the most rewarding result is that I can speak two languages now!! It was the product of hard work and determination, but the fact that I was immersed in a Hispanic-speaking culture was the key factor in this language development process.

If I could make only one recommendation, Study abroad!! If you have the opportunity to do so you will not only gain incredible life experiences, life-long friends and connections, but you will also grow personally in so many ways. For more information about studying abroad, contact Ana Alexander @ x1268 or me @ x1811. ¡Les deseo un lindo semestre!

Try this fun and easy appetizer:

Fun Taco Cups

By Erin Gilligan

Fun Taco Cups

"Try this fun and easy appetizer."

Yields 4 servings.
1 pound ground beef
1 (1.25 ounce) package TACO BELL HOME ORIGINALS Taco Seasoning Mix
1 (10 ounce) can refrigerated buttermilk biscuits
1/2 cup KRAFT Shredded Cheddar Cheese

1. Brown meat; drain. Add Seasoning Mix; prepare as directed on package.

2. Press biscuits onto bottoms and up sides of medium muffin pan. Fill biscuits with seasoned meat.

3. Bake at 400 degrees F for 15 minutes. Sprinkle with cheese. Bake an additional 2 to 3 minutes or until cheese is melted. Serve with Taco Bell Home Originals Thick 'N Chunky Salsa, if desired.

Makes 4 servings

Spanish Club

Information

Meetings

Thursdays at 12:30 in the Spanish Student Lounge in Leavenworth Hall

Contact:

Traci Ceccherini, President
x1703
Erin O'Connell, Vice-President
Erin Gilligan, Secretary
Katarina De Khan, Treasurer
Aurora Jennings, Production Artist

Sports/Health

Castleton State College

Castleton Snowboards to Nationals

By, Renee Bishop

The Castleton State College snowboard team has made quite an impression in the snow this season. Their next stop will be at nationals that will be taking place at Sugerloaf.

The team has 12 members that have competed this season, both men and women. Their coach is former Killington employee, Gretchen Fry. The team competes in four events; the half pipe, the slalom, the giant slalom, and slope style. They compete with some other schools, each other, and any 18 to 22 years old who want to enter.

"We have a really strong team," said senior Alyssa Mease, "a lot of good freshmen joined this year, so it will only get better." Mease has been on the team for two years and said that snowboarding is the reason she chose to come to Castleton. "Having a team is so awesome," she said.

Since January the team has been competing twice a week on Fridays and Saturdays on numerous mountains such as Stowe, Smuggs, and Mt. Snow. Their competing season will end once nationals are over this week. "We had a good long run," said Mease.

Castleton's Men's Basketball Team Goes Down in History

By Rebecca Becker

At 10:30 p.m. on February 29, several members of Castleton's basketball team discovered they recieved a bid to the NCCA after winning this weekends playoff game against Husson of Maine.

"This is the very first athletic team in Castleton's history to make a national appearance," stated Castleton's Sean Manovill.

"The long six-month season has been one of Castleton's best since 1997/1998 when they won the entire league," said Manovill.

Sean Manovill and Joel Leitchnam helped to make this a truiumph season for Castleton after they achieved the milestone against Elms College while reaching their 1000-points.

"The last to score 1000 at Caslteton was Scott Keiff in 2000," said Manovill.

When Manovill reached his milestone, the game was halted and he recieved a standing ovation from the surprisingly large crowd with the Castleton student body away on break.

"Sean has become an outoutstnding basketball player," Castleton coach Ted Shipley said. "When he came here he was just a big guy. He has worked very hard. What he does that is most important for us is getting defense rebounds."

Leitchnam reported to the Rutland Herald that when he came to Castleton as a freshman, the plan was to take classes for a couple years and then transfer to Clarkson to pursue a degree in engineering, but stated that Castleton grew on him.

"I didn't want to have change," Leitchman said. "I had a lot of good teammates and I didn't want to start all over again."

Sean thanks everyone for all the support and help this season.

"Especially the community. They helped to make our crowds larger during the breaks," said Manovill.

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Atkins Controversy: Miracle Diet or Health Threat?

By Andrea McPherson

T.G.I. Friday's has them. Subway's got some, too. There are even entire stores dedicated to carrying them. What are these hot new items that have captured the attention of so many Americans?

The answer is simple: meals, snacks and more that have been marked with the Atkins' seal of approval.

For those who haven't heard of it, the Atkins diet is a low-carb, high-protein diet that is fast becoming an overwhelmingly popular approach to shedding extra pounds. Its most appealing aspect: speedy results without having to hit the gym.

How does it work? Followers of the diet can expect to cut down their intake of carbohydrates and sugars, replacing them with—believe it or not—an increase in fats and proteins.

The result is a steady, sometimes rapid, weight loss that has captured the favor of many Americans interested in a "lose weight quick" approach to dieting and tired of starving themselves on low-fat, low-calorie diets. Followers can revel in the "never be hungry" aspect of the diet, which allows them to eat until they feel satisfied—while still teaching the importance of moderation.

Who started it all? The Atkins diet was founded by the late Dr. Robert Atkins, who supported his program by claiming that a diet restricting carbohydrates to 20 grams per day allows the body to switch from burning carbohydrates as a mean of producing energy to instead burning excess fat. Members of the National Academy of Sciences' (NAS) Food and Nutrition Board disagree, claiming that for optimal health and brain function, carbohydrate intake should not fall below 120 grams per day.

Despite the negative claims laid by health authorities, the diet is still wildly popular, gaining followers just as fast as restaurants are creating an Atkins-approved selection for them to choose from. But, as Dr. Lara Carlson, a professor in the Physical Education Department at Castleton State College said, "There is no magic pill or miracle diet to lose weight," and though the Atkins plan paints a rosy disposition, Dr. Carlson's words could very well ring true.

Carlson was only one of many members of the P.E. Department to speak negatively of the diet, and their views are based on facts. "There is not a single piece of scientific evidence that proves it's a worthy diet," said Angelo Zegarelli, who went on to explain why.

The primary building block of carbohydrates is glucose, according to Zegarelli, which is the body's fundamental source for energy. In face, it is vital to the body, as glucose is the only substance on which the brain can properly function—and when the body is deprived of such an essential element, it will go elsewhere to provide for its needs. In this case, the energy is drawn from muscle, a rapid breakdown of lean tissue than can only be maintained for a short time before the individual becomes adversely affected by the imbalance.

The P.E. Department at Castleton isn't alone in finding fault in Dr. Atkins' pioneer approach to weight loss. Many more health officials strongly oppose the diet, including those at the American College of Sports Medicine. They argue that the nutritional imbalance imposed by the diet creates potentially serious health risks including osteoporosis, hearth disease and liver disorders.

Members of the American Health Associate have argued that high-protein diets are by no means an effective method of long-term weight loss, despite claims made by those who say they have successfully maintained their achievements.

Unfortunately, when it comes down the bare bones, most people aren't concerned with adverse health effects of their means for a slimmer self, but merely the quick results they can achieve.

With two thirds of Americans overweight, it seems thinner is better regardless of the measures taken to get there. But, as Dr. Carlson said, "Any diet that tells you to cut back on fruits and vegetable, but tells you that it's okay to eat a fat-dripping piece of sausage--a flag should be going up here."

Bring your ideas to the Cairn Meetings held every Monday at 6:30 p.m in LEV 66 and Thursdays at 12:30 (n-period) in the same location. All are welcome to join us!

Campus Happenings

Castleton State College

CASTLETON SMALL COLLEGE WITH A BIG HEART!

SPRING Graduate School & Business CAREER FAIR 2004

Castleton State College, Vermont Technical College Green Mountain College, College of St. Joseph

TUESDAY, MARCH 16TH – 9:00am - 3:00pm Glenbrook Gymnasium, Castleton State College

571 Students Participated in the Fall Career Fair…we expect the same for Spring! Faculty, Deans, Administrators also attend! Not just a "job" fair. Castleton's Career Fairs are a valuable resource supporting our 4 year Career Development & Internship, Community Service, Service Learning Programs. Freshmen, Sophomores, Juniors, Seniors, and Alums attend from Castleton, VTC, Lyndon, Johnson, UVM, Green Mountain, St. Joseph's, Southern VT College & SUNY, Cortland.

Enjoy "President's Breakfast" with Castleton President, David Wolk, faculty, deans and administrators. Hear the latest in industry news from a successful Castleton Alum.

Students are on hand to help you unload & reload your vehicle, to shuttle you from the parking lot & to deliver cookies 'n juice to your table in the afternoon!

Register on-site for free professional shoulder massages while they last!

Hospital and other specialist recruiters: Please bring generalist & specialist recruiters who are knowledgable about all areas of your business. We have 40+ majors represented. We coach our non-nursing students to visit hospital booths, etc. If no generalist are available, please bring their business cards so students have contacts and can take the next step!

7 am – 9 am : Set Up -students assist with unloading & shuttle service.
8 am – 9 am : *President's Breakfast with Guest Speaker, Castleton Alum:*
9 am – 11 am: Students begin arriving at Fair 9 am sharp.
11 am – noon: Networking Luncheon for recruiters. Fair closed down w/security.
Noon - 3 pm: Career Fair in progress. Cookies 'n Juice served at your table by students along with evaluation forms: 2:45 pm.
3 pm: Tear down begins.

Judith Carruthers, Director of Career Development, Castleton State College, South Street, Castleton, VT 05735 Phone:802-468-1339 Fax:468-1357 judith.carruthers@castleton.edu, Chrispin White, Director of Internships, Community Service & Service Learning, 802-468-1431, Chrispin.white@castleton.edu

See you soon! Judith & Chrispin

CSC Scramble

By Seth Tuper

Unscramble the following five words to discover the bonus letter. Then unscramble the bonus letters to answer the question below.

TTARWH

_ _ _ _ _ _ _

LNAIORC

_ _ _ _ _ _ _ _

SAMDEL

_ _ _ _ _ _ _

AEWSESL

_ _ _ _ _ _ _

Question: Why did the bicycle not work well?

Answer: Because it was _ _ _ _ - _ _ _ _ _ _ _ !

If your club is up to something, e-mail or call us and we will be happy to run something for you.

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Cairn ext. 6067
Cairn@castleton.edu

Alternative Spring Break to host Pasta Dinners on March 19 and 20. Call ext. 1371 for more information.

The Cairn

Castleton State College | March 19, 2004 | Free

Frustrated Killington Residents Look to Join New Hampshire

By Corrine Casella

Residents of Killington are frustrated and beginning to demand change. On Tuesday, March 2, residents ere was a voted on an issue that could go down in history. Town officials estimated that between 200 and 300 residents attended the meeting, and two-thirds supported the idea to join New Hampshire. Many residents see seceding from Vermont and joining the state 25 miles to its east as the only option they have left. "Secession is the town's final recourse for challenging the state," Killington's town manager, David Lewis, said.

Residents of Killington, numbering roughly 1,000, are tired of paying high taxes and getting little in return. Their dissatisfaction has been building since 1997, when, under order of the Supreme Court, Vermont adopted a new system of financing education. This new system significantly increased property taxes in communities that were considered property wealthy, like Killington.

This anger and frustration drove town representatives to launch the secession movement last fall. The town has already spent $20,000 on the project, researching the advantages and viability of a secession.

According to popular census, residents want to return to the state *where they were originally charted in* 1761. An analysis by the Northern Economic Consulting firm shows Killington residents will benefit from New Hampshire's lower property taxes and the state's lack of general sales and personal income tax.

Residents are also worried about business levels in the area. American Skiing Company, the parent company of Killington LTD, has experienced a severe downslide in their finances. During the first six months of this financial year, the holding company of Killington LTD, which also owns Pico and Mount Snow in Vermont, reported a total loss of $63 million, compared to $37.6 million last year.

Despite the town residents' unanimous vote to secede, they have many more channels to go through before their wish is granted. They now need to draft a petition to present to New Hampshire Governor Craig Benson. Town officials want this approval before they approach Vermont lawmakers, who ultimately have the final decision. New Hampshire officials have declined comment on the issue.

Students Abroad in London Celebrate the Chinese New Year

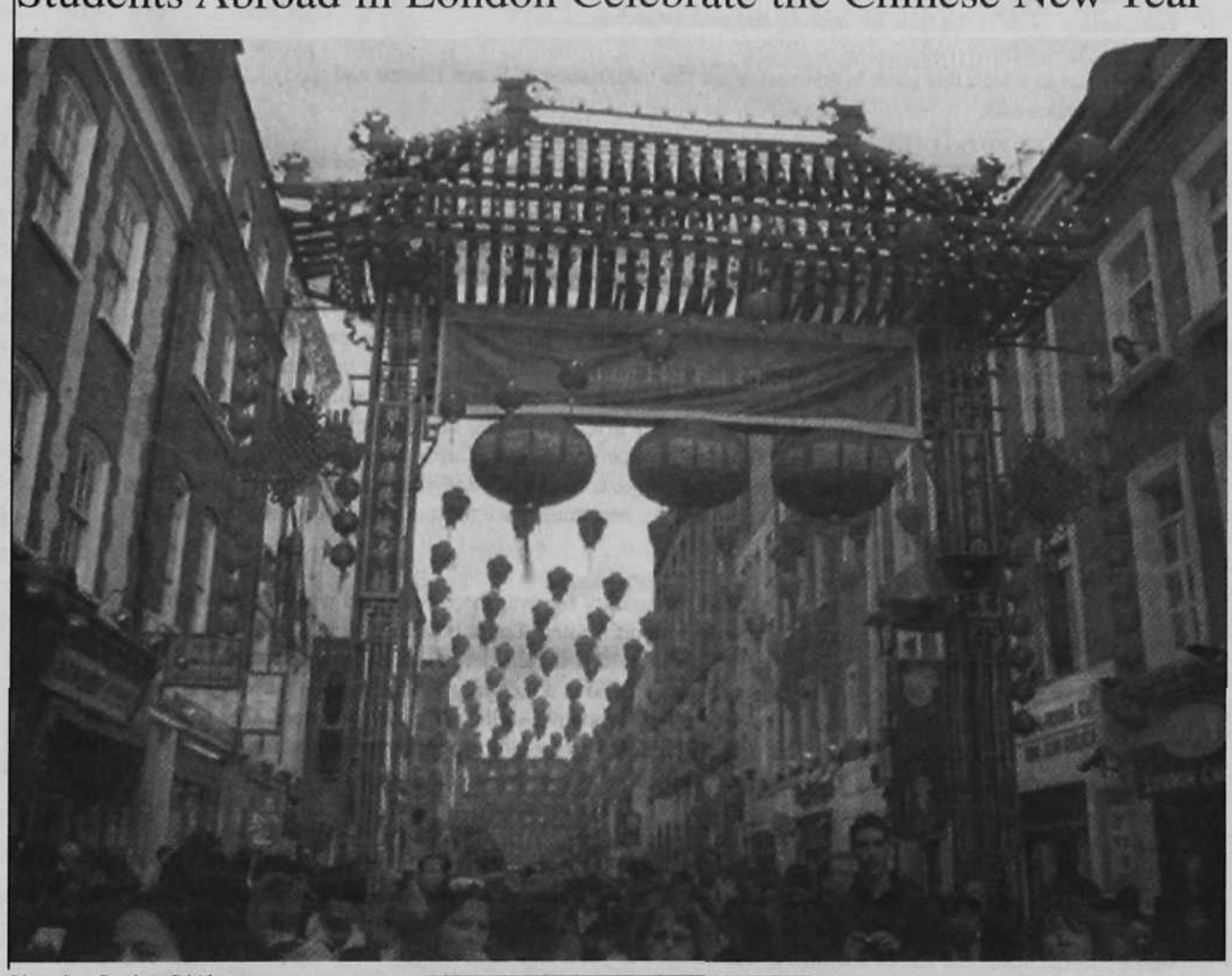

Photo by: Candace D'Aleo

Dave Wolk Recovering from Recent Surgery

By Scott Lanphear

President Dave Wolk is quickly recovering from knee-replacement surgery at Dartmouth Medical Center. Wolk's surgery was needed to replace cartilage that was lost. After a quick recovery, Wolk will *be back walking around campus* shortly.

Castleton State College students responds to Mel Gibson's lastest film *The Passion of the Christ,* page 4

New York Times reporter and author comes to speak at Castleton, page 5

Castleton students in London, page 6

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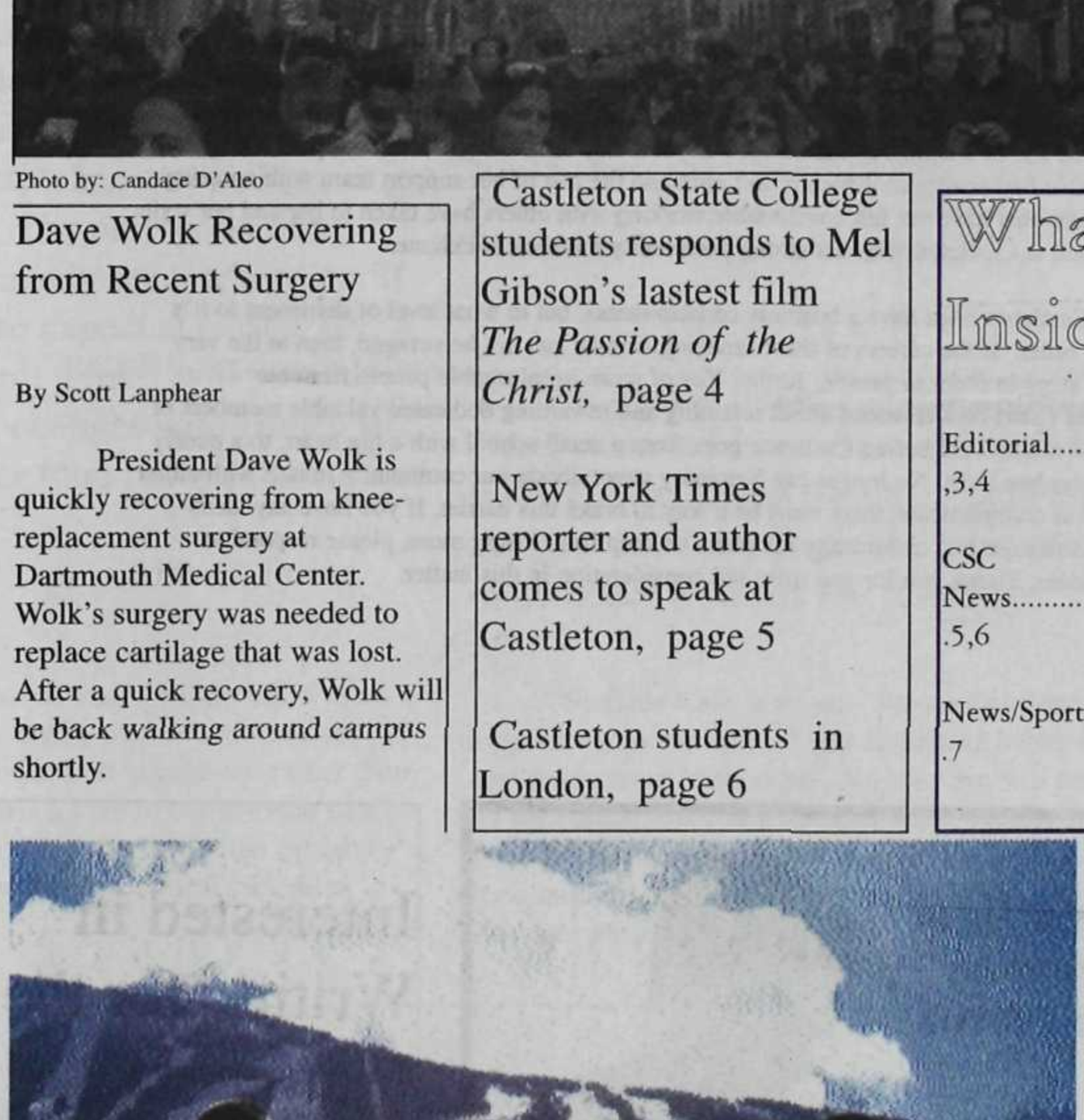


Members of the Castleton State College Snowboard Team include: Josh Cameron, Jesse Cronk, NIsse Fonseca, Todd Kasack, Jason Kolcun, Kyle Laferriere, Levi Linbald, Shawn Lowery-Smith, Shane Medeiros, Eric Pagliaro, Cole Sims, Dakota Trufant, Melissa Egge. Elizabeth Hanafin, Alyssa Mease and Leann Wre, Castleton Snowboard Coach Gretchen Fry.

The Castleton Snowboard club competed in 10 competitions throughout Vermont, including Boarders Cross, Slopeside, Halfpipe, GS and Slalom. The first competition was January 3 and the last was February 14. The snowboarders had to return to Castleto early over winter break since the bulk of the competitions occured at that time. They had very little competition from the other schools in the Northeast region. "The competition was stiff at Nationals," said Coach Fry.

Editorial

Castleton State College

Dear Students, Faculty and Staff,

Just lately it has been brought to my attention that Castleton has been loosing some of its most valuable and dedicated members. Being a student at Castleton, this is very disturbing to me, but I want to make it completely clear, students supporting me in this matter and I do not want to add to this already unfortunate situation. It is not our intent to start a witch hunt and point figures at other members of our community. Now is the time for healing and understanding.

The matters to which this letter is addressing are the termination of Karen Barrett and the voluntary leave of Laura Gatewood.

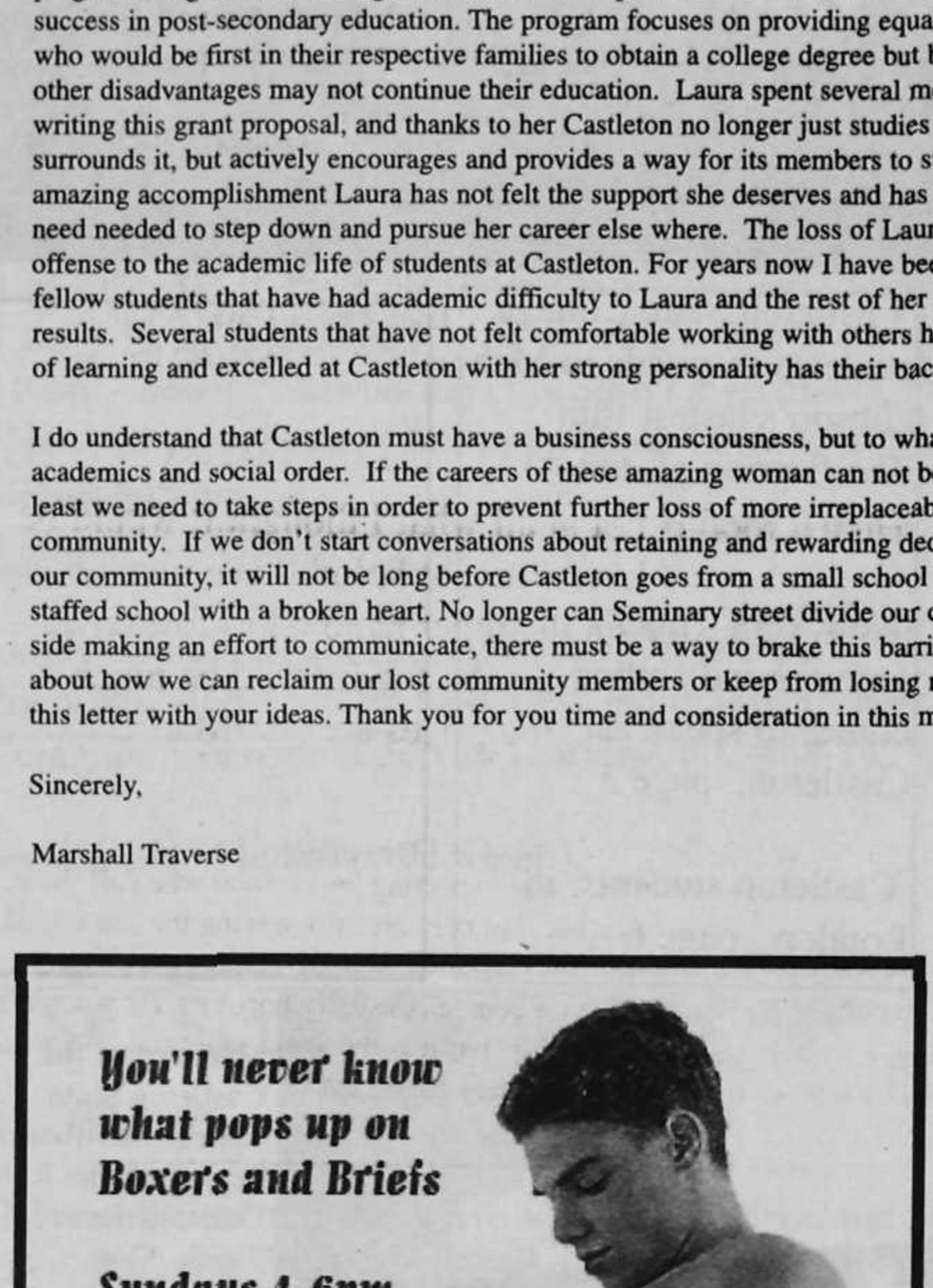
Karen Barrett was a member of the Castleton community for several years and served us well as a worker in the Fireside Cafe. Karen was terminated a few weeks back at the shock and dismay of countless Castleton community members. Reasons for her dismissal are very unclear and extremely discerning, but I believe this situation raises a very important issue. Since Karen worked for Aramark, does the student association have any say in her termination, and should it? To me the answer to this question is obvious, Karen has exceeded any expectations that could have ever been put on her in the position she held at Fireside. All the of reasons that have been presented to the student body about her termination, have in no stretch of the imagination warranted her being let go. As a member of the Castleton community I feel I should have the right to know the terms in which a dedicated, hard working, empathetic person that Karen Barrett is, has lead to her firing. It should not matter who anyone's boss is, or who someone receives their pay check from, as a valued member of Castleton you should feel the comfort and reassurance that you will be rewarded for your hard work and your job security ensured. If we are ever going to be able to function as an all inclusive community we must not let valued members such as Karen be pushed out.

Laura Gatewood was a member of the Castleton community for over three years and was an outstanding and dedicated worker in the Castleton Academic Support Center. Laura is primarily responsible, due to her relentless efforts and countless community service hours, for Castleton's recent grant approval to fund its very own Upward Bound program. Upward Bound is a federally funded college preparation program designed to encourage students to develop the academic skills and motivation necessary for success in post-secondary education. The program focuses on providing equal opportunity for students who would be first in their respective families to obtain a college degree but because of income level or other disadvantages may not continue their education. Laura spent several months working on and writing this grant proposal, and thanks to her Castleton no longer just studies the community that surrounds it, but actively encourages and provides a way for its members to succeed. Since this amazing accomplishment Laura has not felt the support she deserves and has decided for her own good need needed to step down and pursue her career else where. The loss of Laura Gatewood is a serious offense to the academic life of students at Castleton. For years now I have been confidently referring my fellow students that have had academic difficulty to Laura and the rest of her support team with amazing results. Several students that have not felt comfortable working with others have taken to her and her style of learning and excelled at Castleton with her strong personality has their backbone.

I do understand that Castleton must have a business consciousness, but to what level of detriment to it?s academics and social order. If the careers of these amazing woman can not be savaged, then at the very least we need to take steps in order to prevent further loss of more irreplaceable people from our community. If we don't start conversations about retaining and rewarding dedicated valuable members of our community, it will not be long before Castleton goes from a small school with a big heart, to a poorly staffed school with a broken heart. No longer can Seminary street divide our community in half with either side making an effort to communicate, there must be a way to brake this barrier. If you have any ideas about how we can reclaim our lost community members or keep from losing more, please respond to this letter with your ideas. Thank you for you time and consideration in this matter.

Sincerely,

Marshall Traverse



Interested in Writing for the Cairn next semester? E-mail us at Cairn@castle-ton.edu

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~Our Letter Policy

Yes, we'll publish your opinions! All letters must be signed and must include typed name and phone number for confirmation. Please note: we do not alter your thoughts; our editing is restricted to spelling and grammatical errors only. It is our opinion that it is not up to us to rewrite our interpretation of your thoughts. We reserve the right to publish or reject any submissions.

Thank you.

Rebecca Becker
Editor-in-Chief

Editorial

Castleton State College

Campus Chat

Compiled by Michael Biancosino

"Let's get this issue into the open. Normally, Castleton State College students fill out surveys that rate the overall features of the food service we pay for each semester. I try to fill one out whenever I can, but these surveys only tell me how I feel. I want to know what your opinion is on our food service. Are Huden Dining Hall and the new Fireside Cafe all they're cracked up to be? How do you feel about the prices and the quality of service, food, and variety? Please feel free to make suggestions."

"I feel that the food at Huden is the same everyday with the exception of one different thing. Students pay quite a lot of money for the food we recieve. The prepackaged foods in Fireside is priced higher than the same products at the grocery store. Huden needs more variety. Personally, I have the smallest meal plan available and still do not eat at Huden more than four times a week. This seems like a waste of money to me."

-Michelle Mardin

"The food service at the Huden Dinning Hall is nothing special at all. I paid about $1200 for a meal plan when I came to Castleton State College, and I was expecting at least one day a week to have a decent meal. I can't even get a good meal at the brand new Fireside. The food takes way to long to get in both Huden and Fireside. The only good thing Huden serves everyday are hamburgers and pasta. If you want to get anything else expect at least a 10 minute wait. Next year I don't think I will purchase a meal plan unless something changes with Huden's food and service. I had better food in high school and paid not nearly as much."

-Max St Pierre

"The food service at Huden is not what I had in mind when coming to Castleton. The food is far below worse than most surrounding schools. I try to cook my own food or take out rather than eating Huden on most days. Fireside is a joke in comparison to all surrounding fast food joints. The food is expensive often accompanied by slow service. I will not be purchasing a meal plan next semester."

-Daryl Luter

"Huden food is good for dining food. They honestly try to make everything appetizing, but it is hard to do it for 1,700 students. Fireside's food is a little better, but the wait is too long and the food is overpriced."

-Michelle Bird

"I really like the new physical set-up at the Fireside, but I don't understand the hot chocholate policy--the envelopes of Swiss Miss are available at the Coffee Cottage for .75, but at the Fireside it is over a dollar and it comes from a machine. When the machine is broken, as it has been for two weeks, the Swiss Miss envelopes are not available. So if you are at Fireside and you want hot chocolate, you have to walk to the Coffee Cottage. When the Fireside hot chocolate machine works, it is not available in the morning anyway. So I have got a used cappucino machine that I bought at a tag sale for $3.00. I know where I can buy some Swiss Miss. The machine makes impressive noises so I guess I'll get by. It seems to me that Fireside prices ought to be a little better than Rehlen's. At the Village *Store a small cup of coffee is .86. I think coffee is a dollar at Fireside* and the Coffee Cottage, but only if you bring your own cup. If you are cupless, it's more. I'd like to think that since Aramark is a fixture in our community that they might be able to out-compete the Castleton Village Store."

-Professor John Klien

"Huden closes way too early for dinner: 4:30-6:30, what's that??? They treat us like we are in high school. I want David Andre back. Both places do not give student input." -Zach Monforte, Jr.

"Huden food is not at all what I thought it would be. Other schools I have eaten at before have much better service. Fireside on the other hand takes forever to get your food. I thought the food would be much more better for what the prices are." -Matt Gagne

"Fireside Cafe is a joke. The new system they have takes longer to get your order. I was expecting better food when all these new renovations were made, but they are still serving the same junk. As for Huden, their new system has me eating hamburgers or pasta everyday because their main course is usually horrible. They serve a good amount of food each day, but it is the same exact food. I feel lile I am wasting my money every time I eat there."

-Josh Jones

Dear Editor,

'Tis the season....and no I dont mean the holidays. They are so over with and now one of the best seaons is fast approaching and I must say it's going to be one hell of a year for baseball. With a lot of trades, free agent pick ups, and firings from last year, things should start off with a bang this season. The two teams in question of course are the Boston Red Sox and the New York Yankees. These two teams had an ALCS series that might as well have been the World Series because it went 7 games and into extra innings with the Sox trying to get to the World Series to once and for all douse the so called curse of the bambino. And once again they fell short of the World Series when Tim Wakefield gave up a bomb to Aaron Boone in the 11th inning. The Sox have picked up Curt Schilling and Keith Foulke who will undoubtably be a very strong addition to their bullpen. However, in terms of heavy hitteres the only change to their lineup is Pokey Reese in place of Todd Walker who has a good glove. With the A-Rod trade for Manny falling through as well as the talks of obtaining Magglio from Chicago, their lineup will pretty much remain the same. There has been a lot of talk about how the Yankees bullpen not being as strong without Clemens and Pettite, but you have to give the Yankees credit for picking up two very solid starters. Those two being *Javier Vazquez from Montreal and Kevin Brown from LA. With Mussina at the head of the pack and Jose Contreras due for a* record year, their bullpen is looking to handle the tough teams that awaits them. The big story of course is the trade between Texas and the Yankees which gave the pinstripes Alex Rodriguez for Alfonso Soriano. Not to mention the pick up of Gary Sheffield and Kenny Lofton. This means combined with the bats of Jeter, Williams, Giambi, Posada, and Matsui, the Yanks will be doing quite the damage with their batting lineup. A lot of baseball fans feel that the Yankees have too much money for their salaries, but all I have to say to that is that any team, giving the money would do the exact same thing. It stinks that the players today demand more and more money for playing a sport, but thats the level the sport is on right now. Great talent doesn't come cheap. Either way, these two teams are looking very strong for this upcoming season. When Sox fans remind me of how the Yankees lost to the Marlins, I just calmly smile and kindly remind them of a certain 2003 ALCS where the Yankees crushed their dreams of getting a World Championship and continued their losing streak which is one of the longest in baseball history. Go Yankees!

Scott Kirpan

Editorial

Castleton State College

New Student Association President Wants to Hear Student's Voices: A Statement of Intent

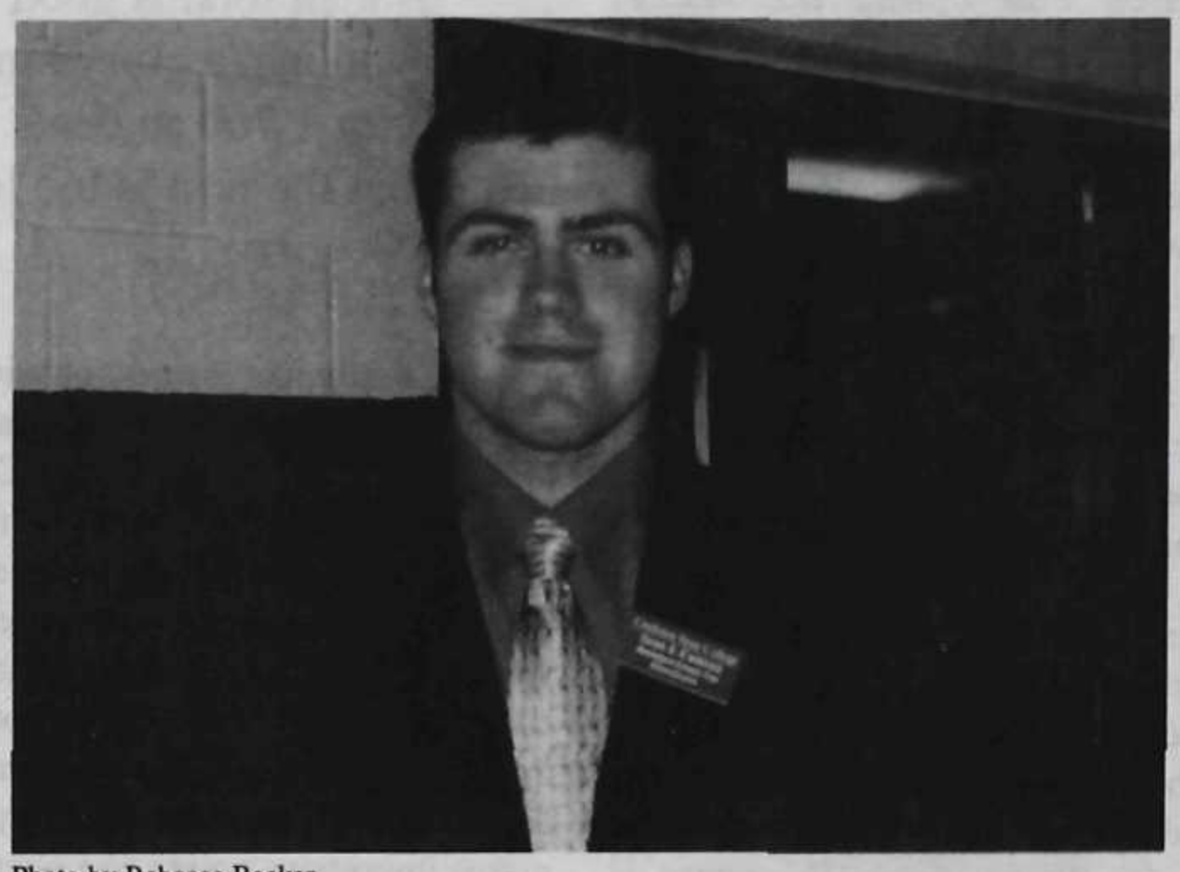

Photo by Rebecca Becker

For those of you who do not know me, my name is Sean Comeau and I have recently been elected to the office of Student Association President. I am excited to have this new position and feel that I will work very hard for both you and the rest of the student body. I first would like to thank Sarah Stomerowski for doing such a wonderful job as our SA President over the past year. Her hard work and dedication to the job have helped me shape my view of what I think an effective president should be. Sarah has spent her entire college experience with the Student Association and her graduation will be bittersweet. I know that I can speak for the rest of the SA when I say: you will be missed, Sarah!

The second issue I would like to discuss is my role as your President. The roles of the SA officers are outlined in the Student Association Constitution, which is available in the Student Life Office of the Campus Center. I am the official spokesperson of the Student Association. I call and preside over the Executive Board, which consists of Adam Burke (Executive VP), Tara Hogue (VP of Activities), Beth Carini (VP of Academics) and Elisa Beatty (SA Treasurer). I maintain open communication with the college administration, faculty, staff, and alumni. There are many other duties and responsibilities that I have, which are all defined in the SA Constitution.

I am writing this letter because, as President of the Student Association, I want to hear your voice! You are very important to this institution and can make an incredible difference. There are many concerns and problems that have existed on campus that have not yet been recognized, and I call upon you to speak out and recognize these issues. Without the proper attention, these issues can build and become worse. I would like to hear the concerns that you have, the problems that you see, and the ways you think these problems can be solved. I do not have all the answers, but I am in a position where I can bring these issues to the right people. If you feel that there is an issue on campus that needs attention, I urge you to speak to a member of the Student Association. We are here for you!

Finally, I ask anyone interested in making a difference to get involved. There are openings on the Student Association and other offices around campus. Senate meetings are held weekly and everyone is invited to attend. If you would like to know more *about the Student Association*, how you can get involved, or would like to speak to someone about an issue you see, please stop by the Student Life office on the top floor of the Campus Center.

I hope to have a successful year as your SA President. Please feel free to contact me at anytime.

Thank you for your attention.

Sean J. Comeau
Student Association President
sean.comeau@castleton.edu

In a recent poll Castleton students were asked if they felt the lastest Mel Gibson movie was a positive or negative phenomenon. This is what some had to say:

"I've seen it three times and think it's a great movie. It's something everyone should see."
-Shane Rodgers

Dear Cairn,

"I've seen the Passion of the Christ twice. No question it is brutal, albeit seems less so the second time. Although, according to some accounts of the event the movie actually understates the violence and humiliation afforded Jesus. As for the anti-semitism charge in my view it is an unfounded and petty allegation. If that is the message one draws from the movie they've missed the point. In my view, the message of the film is one of overwhelming love and forgiveness."

Thanks for the chance to voice my opinion.
-Jake Ross

"Honestly, I cant see how anyone could view it as a negative "phenomenon."
-Stephanie Patno

"I think that [the movie] is good for our society. Nowadays there are not a lot of people that even know the story of Christ. It's good to see that this movie can make people want to learn more about

(More responses on page 5)

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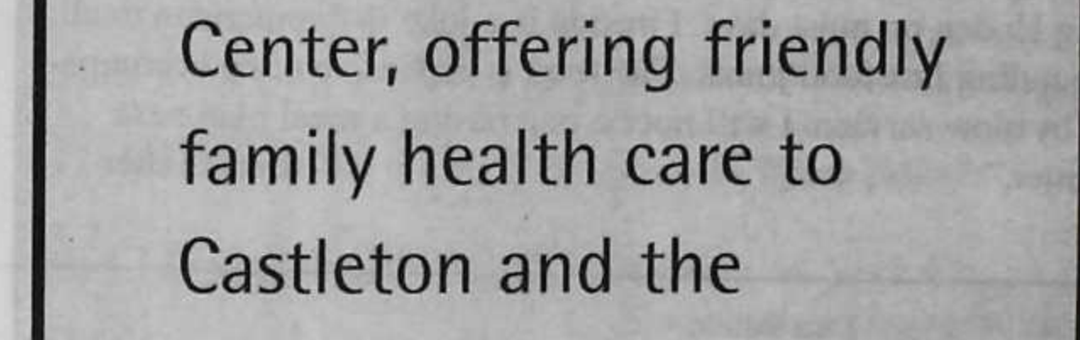

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News

Castleton State College

Photo courtesy of the New York TImes

Nightclubs, bars and discos in Thailand will have their closing times moved back to midnight, one of the most "stringent" curfews in Asia. Many are protesting this change, and are demanding their 2 a.m curfew back.

Reporter Talks to Students about the Dangers of Pain Killers

By Renee Bishop

Castleton State College welcomed award-winning author and New York Times reporter Barry Meier to campus on March 11 to talk about his best selling book, Pain Killer: A "Wonder" Drug's Trail of Addiction and Death. Meier has spent the last few years investigating the use of Oxycontin on the illegal market. He has been nominated for two Pulitzer Prizes for his work and in 2002 he received the George Polk Award for outstanding journalism.

As part of Castleton's American Democracy Project, Meier spent the afternoon visiting several classes including many in the Communication field. At 7 p.m. he gave a Soundings presentation during which he spoke about his book and answered questions students had about the use of Oxycontin.

Over the past several years the painkiller, which was first prescribed as a treatment for cancer patients and other chronic pain sufferers, has become commonly a commonly abused drug, often used by youth looking to get high.

Oxycontin can be as addictive as heroin and many deaths have occurred over the years due to overdose. Purdue Pharma, the pharmaceutical company that manufactures the drug, launched a huge promotional campaign when it received negative publicity. It created extravagant ads with physician spokesmen in order to convince doctors to prescribe the drug to minor pain sufferers as well, which made it even more available on the street.

In Meier's book, he tells the true story of a high school cheerleader who quickly gets hooked to the drug and turns her life into a downward spiral. Meier also covers the many issues of prescription drug abuse and how the misuse of science by the drug industry threatens public good. Meier is pushing to educate more people about this issue in order to try and contain the problem. In his two-decade long career his articles have resulted in congressional hearings and changes in federal laws and regulations.

Things You Should Know About Meningitis

By Lindsay Hale

Meningitis in an infection that causes inflammation of the membranes covering the brain and spinal cord. This infection is a real fear and concern for health centers on college campuses. Castleton has no known cases of meningitis on campus but some are not so lucky. On February 1 of this year Jason Fleishman, 23, of Vail, Colorado, died at Fletcher Allen Health Care in Burlington, one day after participating in Middlebury College's midyear graduation ceremony.

Two parents who have seen the aftermath of this disease are asking that there be a mandatory education so that parents and educators are aware of the disease and know ways to prevent it. One parent, Nancy Springer of New York State, has a son that is a quadruple amputee because of meningococcal meningitis and the other parent, Mike Kepferle, lost his son to the disease.

Meningococcal meningitis is the most common form of meningitis in children and the second most common in adults. The onset of the disease is rapid and may start with an upper respiratory infection or sore throat. It is more common in the winter and spring and can cause local epidemics in boarding schools, college dorms or military bases. Some symptoms are rash, high fever, severe headache, nausea and vomiting, stiff neck, sensitivity to light and a mental status change.

Legislation introduced by Rep. Ann Pugh, of South Burlington, would require colleges and summer camps to send a form to students and families for them to sign indicating they have been informed about the disease and about the availability of immunizations.

The disease can be transmitted through the exchange of respiratory and throat secretions and occasionally passes from person to person through coughing and kissing. Dr. Paul Jarris said, "the vaccination is not perfect it works in only four of the five strains of meningococcal meningitis." He also added that the Health department was conducting a survey of colleges to find out what their current practices are on notifying incoming students about the disease and immunizations.

The most common cause of meningitis is viral infections that usually resolve untreated. Meningitis is also caused by fungi, chemical irritation or drug allergies, and tumors. There are many types of meningitis; they are grouped into two main categories: bacterial and non-bacterial.

Acute meningitis is a true medical emergency and requires hospital-based treatment. In the US about 17,500 cases of bacterial meningitis occur each year. Viral meningitis is milder and occurs much more than bacterial meningitis. Most viral meningitis is associated with enteroviruses, which are viruses that commonly cause the stomach flu.

Treatment for bacterial meningitis is usually with antibiotics, antibiotics are ineffective on viral meningitis. Doctors would more likely treat secondary symptoms like brain swelling, shock and convulsions with viral meningitis.

STEP Gets New Name: Castleton Academic Support Center

Hopefully you've heard by now – the department that was called STEP, or the STEP Learning Center, has a new name. As of January 1, our new name is the Castleton Academic Support Center. Our new name encompasses the Upward Bound program and the activities you have likely previously associated with STEP, such as tutoring, academic counseling and support for students with disabilities.

And, instead of an acronym, we've chosen 'Academic Support' for our nickname. The intent of renaming the department was to select a name that clearly reflects what we do for students, faculty and staff at Castleton. Additionally, our hope is that newcomers to the Castleton community will readily understand what we do by reading or hearing our name.

In a nutshell, the Academic Support Center exists to assist and support students to achieve their highest academic and personal potential with an emphasis on earning a college degree. We accomplish our mission by offering academic counseling, math and writing clinics, and tutoring. It's been a busy year for us so far, in fact:

~ From the start of classes in August until the end of January, more than 550 Castleton students received services from Academic Support.

~ There have been over 1,350 tutoring sessions since classes began in the fall.

~ 50% of students who visited the Math Clinic during the fall received either an 'A' or a 'B' in their math course.

Our new Upward Bound program is also moving at a fast pace this year. We are well on our way to recruiting 50 ninth and tenth graders from six Rutland County public high schools. The first official meeting of the recruits and their parents was Saturday, February 7. Participants in Upward Bound commit to the program through high school graduation and will receive the support they need to successfully attend college. A six-week summer residential program held on the Castleton campus is a major component of Upward Bound.

(Cont. on page 6)

London Semester: What the Students in London Have to Say

Amanda McIntyre
England. You know- cup of tea, bad food, worst weather, Mary Poppins-England. That is where I am right now and these are all the concepts that I had in the back of my slightly stereotypical mind before arriving here. Are these all true? Well, to some extent, yes (although I have yet to find Mary Poppins floating along). Even with all these typical uninviting characteristics I wouldn't want to be anywhere else in the entire world. London is the world's greatest city in my eyes. Whatever you have a passion for I am sure you will find it somewhere within the busy streets and Romanesque buildings of London.

I have had some of the most incredible, life changing memories here and made extraordinary friends that I will share a common bond with for the rest of my life. One of the most memorable nights here in London was Super bowl Sunday. Super bowl started late here because of the five-hour time difference. Most of us on this trip to London went to Hard Rock Café for the event. The energy in the house was unbelievable. Some of us didn't know anything about football but were so engulfed in the vibes that hundreds of Americans, Brits, and miscellaneous were giving off that it did not matter. When the Patriots scored the last winning goal, the crowd went wild. I was lifted into the air and almost decapitated by a ceiling fan, but it was worth it. Even if I were wounded I wouldn't have noticed because we were so taken over by the moment. We were in London at the Hard Rock Café with great people watching our home team win the Super Bowl. What more could you ask for?

England is so close to everything. Over our last break I went to Amsterdam for four days and to Paris for six. They were only hour-long flights and even though I dread flying (I eye the bathroom the whole time and clutch for dear life to the vomit bag) it wasn't as bad as I thought, and it was quite cheap. I saw and experienced some things that I thought I would never see. Amsterdam was insane. It was like a whole other world. Paris was also another world, but in different ways. I made a lot of friends and had a blast, but when it was all over I was glad to be coming 'home' to London. I am having the time of my life and could not ask for more. Well, there is one thing. The hunt for Prince William is regretfully not doing so well, but I still have two more months. I'll keep you posted!

Reginald Smith
After living in Castleton and attending classes there, moving to London for an entire semester can be quite a shock. Although the worst experience during the entire trip was getting over the jet lag. Everything London is famous for is stunning. The city itself is very clean and well kept, not at all like an American city. Getting around is very easy as well. There is always a bus or train to get you where you need to be and if all else fails the classic black cabs are plentiful.
Travelling in Europe is surprisingly easy. The most difficult thing about it is getting here. Ultra-cheap airfares are only a click away, which makes it simple to leave for a long weekend in Paris or Amsterdam. Over the last break I took the opportunity to do a bit of traveling and I visited Amsterdam for four days. Holland is a very beautiful country. Amsterdam in particular was quite nice. It's a city of winding canals and narrow streets.

Candace D'Aleo
London is amazing. I thought leaving the States was going to be hard, but it turned out to be one of the easiest things. This city is full of so much culture that you don't see in Vermont. Getting around the city is extremely easy. Traveling out of the city is really simple as well. You can hop on a flight and in forty-five minutes you're in Amsterdam. So far I have visited Paris and Amsterdam. Traveling is extremely cheap, and hostels are great too.
The food out here is also really wonderful! They don't use as many preservatives over here. We have only been here two months and this place feels like home. I don't know what it is going to be like heading back to the States. Even though sometimes you don't see the sun for a week or so, this place is a wonderland. There is always something to do, and although this is the most expensive city in the world to live in, many things are free, including museums. In the end, London is treating me very well and I am not looking forward to returning home.

From left: Melanie, Lua Ameden, Amber Porter, Candace A'leo, Amanda McIntyre, Amanda Scott, Lindsay Brach and Jill Kobrin.

Jill Kobrin
Studying abroad has always been a dream of mine. I was looking into several Italian programs when one of my professors told me about the London semester before it was even advertised around campus. The idea of studying in Europe without a language barrier was much more appealing and I asked where to sign myself up. Now that I am half way into the semester I still cannot believe that I am here. "I am in London man!" That phrase echoes through my head at least once a day, maybe twice. If anyone asked me if London is worth it I would say definitely and I believe everyone should visit Europe at least once in their life. After the fabulous time that I have been having here, and after meeting so many interesting people and friends, the Atlantic Ocean is going to be like jumping over a puddle by the time I am dead. Class is always an adventure when you are brand new to the sites. Cheers.

Stacie Yenter
For vacation I managed to spend a week in Spain for only 300 American dollars including my airplane tickets. Salamanca, Spain was a sand-colored city full of pedestrian-only streets and filled with history. Side streets were full of tourist shops selling anything and everything with the Salamanca mascot, a frog, on it. Modern clothing stores inside ancient buildings and little grocery stores gave way to a quieter side of the city. Since tourist season hasn't started in Spain yet, the cobblestone roads of the historical side of the city were almost completely abandoned. I admired the sheer antiquity of buildings that had been built centuries before the United States was even considered a country. As I stood beside sand-colored buildings beginning to crumble with age, I heard about the history of several buildings that still had their names printed in Latin. A cathedral in Salamanca, Spain was so infinitely detailed that I could not fathom the time and effort needed to create such a building. Everything around me was saffron or otherwise earth-colored. As I looked out on the terracotta roofing of the city and cobblestone streets, I felt more in touch with history. The story of where we all came from and how things came to be the way they are.

Eric Blair
London is a monster compared to my hometown in northern Vermont, but living in the city makes it easier to get around. Everything is so close, not only can you walk, bus or take the tube anywhere in London, you can also fly to pretty much anywhere in Europe! Over our February break I spent the week in Spain. It was amazing. I loved the detailed architecture of the old cities. Although I don't speak Spanish it was still an incredible experience living with a Spanish family and learning about their culture. City life is exhausting. I often miss the United States but I am definitely enjoying myself and learning a lot as well.

Lua Ameden
We keep journals of everything we do and each week always begins with 'London is incredible.' London is a unique opportunity to go to school while learning how to live in a city. Phil and Whitney Lamy say, 'the city is our classroom' and classes meet at a different sight each day. Everyday is a challenge, whether it is navigating the way to class or attempting to cross the street. It's new and different. There is always something new to do and see. Each street is more beautiful than the one before it. I am always meeting new people who giggle because for once we are the one's with the funny accent. They are just as curious about me as I am of them. By only spending forty-five minutes on a plane you can travel to another country with a different currency and language. It reminds you just how big the world really is and how great Vermont is, but also how small at the same time.

(More about London on page 7)

From Left: Professor Phillip Lamy, Nathan Tucker, Stacie Yenter, Becky Sequin, Jill Kobrin, Candace D'Aleo and Amanda McIntyre. Photos by Candace D'Aleo

Upward Bound (Cont.)

Two U.S. Department of Education TRIO grants largely fund the work we do in Academic Support. TRIO grants serve students who are first-generation college students (students from families where neither parent has earned a four-year degree), low-income students (as defined by the Department of Education) or students with documented disabilities. Approximately 60% of Castleton students are fall into at least one of those three categories and are considered TRIO-eligible.

The first grant is $265,000 per year and its primary objective is to assist 230 TRIO-eligible Castleton students to graduate from college. The Academic Support Center provides this support with our academic counseling and tutoring services as well as extended summer programs, in-depth academic support, cultural events, financial aid, and leadership development. The second grant is $220,000 per year and supports the Upward Bound program.

Kelley Gilmour
Director, Academic Support Center

CSC News

Castleton State College

A Stellar Year for Castleton Men's Basketball

By Dale Schaafsma

The Castleton men's basketball team made a name for itself this season in an emphatic fashion by competing in its first Division III NCAA Tournament. But that success had its price.

Last season the team finished the season with a 5-21 record. When things went bad, the Spartans often gave up. "It was a tough and hard season and I don't want to go through that again," head coach Ted Shipley said. "We didn't have as much fight last season."

"We definitely got discouraged last season and started going into games with our heads down," said 2003-04 MVP Joel Leichtman, who scored his 1,000th point this season.

As the men's basketball team lost an increasing amount of games the enthusiasm in practice began to diminish. "It definitely affects practice," said Leichtman.

The difference this season and last season was "night and day," Leichtman said, as he talked about the dedication and hard work that went into the recent season.

The turning point came when the team was 2-8. The team had a meeting and, "we decided that we had to get better defensively," Shipley said, as the team was giving up 86.5 points per game.

Leitchman explained that the team ran drill after drill that focused on pressure defense, allowing very little space between the opponent and the basket. The team also worked on help defense.

The defensive difference was astounding. "It was 100 percent better than before and I think that is what did it," Leitchman said. In the last 19 games the team surrendered a mere 68 points a contest and won 14 of its last 19.

The team also worked a lot harder this season. Leichtman said team members went straight to the weight room three times a week after their two-hour practices. "That helped out a lot," said Leichtman. Last season lifting weights wasn't mandatory.

Shipley said that last season players weren't eating healthy or sleeping enough. "When you lose you stop doing the little things to win," he said. "This season we took care of our bodies."

Another facet that the men's basketball team thrived on this season was academics. The Spartans lost three players to ineligibility after the first semester last year. Castleton's only losses this year were on the court.

Because of the dedication and hard work, the men's basketball team excelled this year by reaching the North Atlantic Conference finals and competing in the NCAA Tournament.

"That was a big accomplishment," said Shipley, even though his team lost in the NAC finals 87-68 to Lasell College. Shipley said that Castleton was ranked sixth in its conference in a pre-season pole, but placed second in the tournament and third in the NAC in the regular season.

After the NAC Tournament was concluded Shipley said that he packed up the basketball equipment, as he anticipated the season had come to a conclusion. But he was wrong.

"My players told me (about the NCAA bid) and I thought they were playing a joke on me," Shipley said. He said that he checked the Castleton website and discovered that the Spartans had been awarded a berth.

The NCAA appearance was a special event for the team. "It was an awesome experience. It would have been nice to go there all four years I played," Leitchnam said.

But reflecting on the past, the team recalls facing a season of hardships and the commitment and hard work it took to turn around.

"I was happy for the guys that had been through real tough times," said Shipley.

London students protect themselves from the rain. Castleton students abroad in London include: Candace D' Aleo, Reginald Smith, Amanda McIntyre, Lua Ameden, Amanda Scott, Jill Kobrin, Stacie Yenter, Eric Blair, Amber Porter, John Wright, Chris Beardsley, Josh Ainsworth, Becky Sequin, Stephanie Martin, and the Lamy family.

Artist Ann Hamilton's Work on Exibit in Castleton's Fine Art Center

By Audra Grady

"I make art for two reasons. First is because its fun. The other; to try to define what makes life bearable and exciting especially in the face of so much violence and suffering in our world."

The previous quote comes from Ruth Hamilton's artist statement. A Poultney, Vermont resident and graduate of Goddard College and Castleton College, she has a solo show in the Christine Price Gallery in the Fine Arts Center until March 26, 2004.

Here in Castleton we are somewhat sheltered from the world of fine art, and have a minimum of Art Museums and galleries at our fingertips. Ruth Hamilton is one of the many artists that have shown here at Castleton College, and I urge you all to take a minute to see what Hamilton has created.

Hamilton seems to focus on landscapes and figures in her art work. Her landscapes are vivid, bright, and unique; her figures are sensual and right in your face. All the people that are shown seem emanate a certain feeling. One painting Ray with Mandy seems to show a sense of being happy with the simple everyday things that we often look past. She tries to "define what makes life bearable," and this painting especially shows her success with that.

Although she focuses on things recognizable, she also has what I might call nonobjective paintings, such as Morphing, Strings, Loops, and Twists, and Trails and Transformations. With these pieces some might struggle to understand them. As I see it they are explorations of herself and the world around her. Sometimes it is the unrecognizable things that are calming, as they are uncomplicated and new, without a history.

Whether you spend 5 minutes or an hour viewing Ruth's pieces, a sense of comfort and relaxation is found.

Intersted in covering sports events for the Cairn or want to post athlectic events or games?
Contact us at ext 6067 or e-mail us at cairn@castleton.edu

Bring your ideas to the Cairn Meetings held every Monday at 6:30 p.m. in LEV 66 and Thursdays at 12:30 (n-period) in the same location.
All are welcome to join us!

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Campus Happenings

Castleton State College

Soundings Newsletter

Faustus sells his soul to the devil and encounters popes, dukes, emperors, the Seven Deadly Sins and Helen of Troy among others.

Wednesday, March 17th- Saturday, March 20th. 8 PM
Sunday, March 21st. 2 PM

Have any empty bottles or cans you are looking to get rid of??? Drop them off at the 4-Corners redemption center behind Citco, and help CSC's Alternative Spring Breakers go to Nicaragua!

March 23rd (Tuesday) **Keystone Discussion**: You must attend the Keystone Lecture to get credit for the discussion. 7:00 PM Fine Arts Center.

April 8th (Thursday) **Dance Performance**: Ragamala Music and Dance Theatre provides a bridge between cultures, both ancient and modern, and explores a unique style of living poetry for the stage. ***Ticket Required.** 7:00 PM Fine Arts Center.

April 13th (Tuesday) **Lecture**: Associate Academic Dean John Aberth will discuss "The Black Death and AIDS: The challenge of Disease to Medicine and Faith." 12:30 PM Science Auditorium.

April 19th (Monday) **Musical Performance**: Borealis Wind Quintet, one of America's preeminent chamber ensembles, performs with irresistible energy. ***Tickets Required.** 7:00 PM Fine Arts Center.

April 20th (Tuesday) **Lecture**: Castleton Professor John Vojtisek. *This event is co-sponsored by Phi Eta Sigma. 12:30 PM Science Auditorium.

April 27th (Tuesday) **Musical Performance**: Orchid Ensemble. East meets West in this blend of musical traditions and instruments from China, Europe and beyond. ***Tickets Required.** 7:00 PM Fine Arts Center.

May 4th (Tuesday) **Musical Performance**: Mamadou Diabate. This quartet creates an exhilarating and ethereal performance as they share the spice and pride of West Africa. ***Tickets Required**. 7:00 PM in the Fine Arts Center.

Pasta Dinners to Fight Poverty

Castleton State College Gym March 19th and 20th 5:00 PM to 7:30 PM.
Salad, pasta, marinara and meat sauce, bread, drinks and dessert.
$5.00
Supports Castleton State College Alternative Spring Break's trip to Nicaragua!

The Robert T. Stafford for the Support and Study of the Community is now accepting donations for **Project Easter Basket**. While we will be accepting stuffed animals, books and non-food items, our biggest need will be non-perishable food items. Every year, the need seems to unfortunately increase and we are hearing from our community partners that food is topping the list of needs this year.

We will also need boxes of all shapes and sizes to use as Easter Baskets. Please let us know if you can help in these areas! Thank you very much!!
See Chrispin White for more information.

The Coolidge Library is pleased to announce our Women's History Month display in the library lobby.

The display recognizes the 2004 Women's History Month honorees, as well as books pulled from our collection regarding notable women in history.

We also have a Barbara Smith display at the library entrance. Barbara Smith will be a keynote speaker at the 8th Annual Vermont Women's Studies Conference on Saturday, March 6th in the Herrick Auditorium, SAC.

We have copies of her books, Home Girls: A Black Feminist Anthology and The Truth That Never Hurts: Writings on Race, Gender, and Freedom, for sale at the circulation desk.

Barbara Smith is a legendary Black lesbian feminist who was instrumental in making connections between women/queer liberation and the African American Civil Rights movement of the 1950s and 1960s. She has played a groundbreaking role in opening up a national cultural and political dialogue about the intersections of race, class, sexuality, and gender. As an innovative critic, teacher, activist, lecturer, author, independent scholar, and publisher, Smith was among the first to define an African American women's literary tradition and to build black women's studies and black feminism in the United States. She offers a fresh approach to discussing complex social problems, especially racism and other types of bigotry.

Billie Walsh Langlois
Acquisitions/Library Display Coordinator

If your club is up to something, e-mail or call us and we will be happy to run something for you.

Blooming Petals
FLORIST
Theresa Harvey
Route 4-A
Castleton Corners
Castleton, Vermont 05735
We Deliver
(802) 468-3400

SLOAN FARM STUDIO
802-265-4646
P.O. Box 198 • Hydeville, VT 05750
www.sloanfarmstudio.com
CAREN HELM
learning center and gift gallery
700 West Rte. 4A • Castleton, VT

Cairn ext. 6067
Cairn@castleton.edu

Musical Performance: Mamadou Diabate. This quartet creates an exhilerating and ethereal performance as they share the spice and pride of West Africa. **Tickets Required.**

The Cairn

Castleton State College Commencement Ceremony May 15th (Saturday) at 1:30 p.m. next to the **Old Chapel.**

Castleton State College | May 4, 2004 | Free

Spring Brings Flu to Castleton

By Mike Trzciensky

Coughing. Sneezing. Stuffy noses. Vomiting. Difficulty sleeping. Students at Castleton have once again run into that time of year when sickness is on the rise.

There are many things going on around campus that can lead to illness. The campus is full of dust and germs, and it is very easy to catch a virus. The colder weather and cramming for tests also play a role in the increase of sickness. Many students are just over tired and that can lead to trouble.

The sudden shifts in temperature from hot to cold can also have a major effect on the health of students. "When the weather is warm and everyone is in their shorts and sandals, everyone is feeling great. But when the weather begins to cool down, people begin to have a harder time staying healthy," said Deb Choma, Director of Health Services at Castleton State College.

The common cold is the most frequently occurring illness during this time of year. Symptoms of the common cold include fever, coughing, sneezing, stuffy nose, sore throat, and muscle aches. The common cold is a viral infection and is best prevented by an increased fluid intake and plenty of rest. Another major problem at Castleton is conjunctivitis. According to Choma, "Conjunctivitis is a highly contagious eye infection that can be prevented by a simple hand washing."

Perhaps the worst virus that affects students at Castleton is the flu. There are two different types of flu viruses. One type affects the upper respiratory system and the other causes the stomach bug, nausea, vomiting, abdominal cramps, and diarrhea. Some patients even get both. Choma describes this as being "sick as a dog."

As Choma says, "The best way to prevent sickness is to keep yourself clean. A simple hand wash can make a world of difference."

Photo by Rebecca M. Becker

Several children from Nicaragua's Project Chacocente say farwell to Castleton's Alternative Spring Breakers by showing them some of their dance moves. See page 3 for more photo's from Nicaragua.

Lack of Support for Campus Safe Ride May Bring an End to the Program

By Megan Davis

CASTLETON, Vt.--Safe Ride is a staple in the lives of many Castleton students but with lack of support and long-term volunteers, the program may soon come to an end.

Safe Ride is a volunteer program based at Castleton State. The program runs on Thursday, Friday and Saturday nights from 10 p.m. until 2 a.m. It is run by students of Castleton for students of Castleton.

"The purpose of Safe Ride is to drive intoxicated individuals home from parties and clubs," said Laura Hain, president of Safe Ride. "We do it to prevent drunken driving, rapes and other problems."

Students can call Safe Ride from anywhere within a 15 mile radius, that includes all of Rutland, and have a volunteer pick them and their friends up.

The problem Safe Ride is facing is not a lack of volunteers; the problem is lack of respect from the campus for what the drivers are doing.

Safe Ride has roughly 60 participants available to help during the weekend. However drivers must be able to have a Fleet license to drive the bus to pick up the callers. Only 50 percent of the Safe Ride volunteers actually have a Fleet license. The others volunteers ride along with the drivers.

Another problem the program is facing is a lack of advertisements. Hain said that the program has enough money but not enough advertisements to promote it.

Many people are aware of the program, however they do not know what number to call or exactly how the program works. Hain also said that Sate Ride will be sending out a survey soon via the GroupWise Campus email to all Castleton students to see if the program should make any changes.

Presidential Race Heating Up

By Beth Crosby

The 2004 Presidential Race is now heating up with the start of negative television advertisements and claims of wrongdoing coming from both the Democratic and Republican camps.

The most recent campaign controversy was started by Senator John Kerry, a democratic candidate for President, who claimed on Tuesday March 30, in San Diego that President Bush was to blame for the record high gasoline prices.

At a rally at the University of California, Senator Kerry said, "This administration has done nothing to reduce gas prices." Kerry's plan to reduce gas prices involves "momentarily" stopping the replenishing of the Strategic Petroleum Reserve and persuading oil-producing countries to increase production.

Currently, the White House has refused to stop replenishing the Strategic Petroleum Reserve, claiming that oil deliveries have only a "negligible" impact on gasoline prices.

President Bush responded to Kerry's claims by accusing Kerry of trying to raise gasoline taxes, which he feels would damage the economy. President Bush also launched an ad campaign accusing Kerry of "Wacky Ideas." These "Wacky Ideals," according to the Bush Campaign, include "taxing gasoline more so people drive less." The Bush Campaign also accuses Kerry of "voting 11 times for gasoline tax increases." They also claim that Kerry was quoted in a 1994 interview as supporting a 50 cent a gallon increase---claims which Kerry denies.

Gas prices are bound to be a hot topic as voters head to the polls November 2. In a brief, anonymous survey of eighteen Castleton State College students and faculty members, eleven plan to vote in the November election. Of those eleven individuals, seven plan to vote for Senator Kerry, three are undecided and one plans to vote for President Bush.

Reasons given for voting for Senator Kerry include: "To get Bush out of office," "I always go with the Dems," "This election is critical to me because the survival of this country and the world is dependent on getting George Bush out of office," and "He's a democrat first of all. He is also very strong in terms of benefiting the col-

Con't on page 4

New Residence Hall Construction Causes Shortage of Parking Spaces

By Scott Lanphear

The construction of the new residence hall has resulted in a decrease in the number of parking spaces this semester. The lack of parking has also led to an increase in the number of parking tickets.

According to Public Safety director, Jim Fuller, there has been a total loss of 150 spaces including 71 resident spaces and 52 commuter spaces. The SHAPE facility has lost all parking due to the construction.

Fuller said that he has received complaints about the lack of parking and the number of tickets students have been receiving. From August 2002 to December 2003, the number of parking tickets was about 23 per day. In the past semester, it has increased to about 33-35 tickets per day. This statistic does not include tickets issued Saturdays and Sundays.

Fuller also noted that the parking situation is not Public Safety s

Con't on page 4

Free Pizza and Prizes!
All are welcome to sign-up for Castleton's Pool Tournament on Saturday May 1st at 10:30 P.M in the Campus Center. To sign-up e-mail Ryan Dunlea at Ryan.dunlea@castleton.edu

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Cada dia es una fiesta

El Cacahuate

April 2004

ASB Gives Heart and Hands to Nicaragua

The Alternative Spring Break group at the Becker home.
By Ariel Delaney

On March 26 thirteen students and one advisor embarked on the 2004 Alternative Spring Break trip to Managua, Nicaragua. Alternative Spring Break had never traveled international in its ten year existence. Alternative Spring Break mission is to promote service at regional, national, and international levels through break-oriented programs that immerse students, faculty, and staff in different cultures, while increasing social awareness and promoting lifelong community service.

This was a special year because of Alternative Spring Break's ten year anniversary. Nicaragua was selected because members of the group wanted to work international and this would become the first year ASB had ever traveled international. Over the 2003-2004 academic school years the members of ASB raised about $19,000. Alternative Spring Break 2004 was able to make their goal, and get the surrounding area of Castleton involved. The group was going to Managua, Nicaragua. Nicaragua is the second poorest country in the western hemisphere behind Haiti. Managua, Nicaragua's capital has 5.1 million people. The major language in this Central American country is Spanish.

Alternative Spring Break traveled to Nicaragua to work with Project Chacocente. Project Chacocente is a project that was started in January 2003 to move 10 families out of Nicaragua's dump, La Chureca. La Chureca's inhumane conditions is an ongoing problem for the 100 families who reside their. Project Chacocente gives ten families from La Chureca the opportunity to live in a clean environment, learn life skills, and raise their children in sanitary conditions. Alternative Spring Break was excited to enter Nicaragua and help these families and build relationships with them. ASB did exactly that.

While in Nicaragua, ASB dug over 600 holes for plantain trees, built kitchens on unfinished houses, and made lastly friendships. In their free time ASB went to Nicaragua's most active volcano, Masaya. This was exciting for those who had never seen a volcano before. In addition to Masaya they traveled to museums, the beach, and Huembes (Managua's large market). The students visited the dump that the families came from. This had a major impact on the ASB.

The relationships the students made in Nicaragua will always be with them. In the future, some students even plan to return and work with the project. With the support of the Castleton community Alternative Spring Break was able to make this year an unforgettable one. Nicaragua will always be in our hearts and minds. Thanks to everyone who made this year possible.

Some of the children that live at Project Chacocente, Nicaragua.

El Cacahuate Staff:

Auroa Jennings
Lay-Out

Ariel Delaney
Staff Writer

Elizabeth Luce
Staff Writer

Meetings will resume again in the Fall.

This Month's Recipe

5-Layer Mexican

Prep Time: 10 min
Total Time: 3 hr 10 min
Makes: 32 servings, 2 Tbsp. each

1 can (15-1/2 oz.) refried black beans
1 Tbsp. chili powder
1/2 tsp. ground cumin
1 cup BREAKSTONE'S or KNUDSEN Sour Cream
1 cup (4 oz.) KRAFT Shredded Cheddar Cheese
1 tomato, chopped
1/3 cup sliced green onions
Sliced pitted ripe olives (optional)

Directions MIX beans, chili powder and cumin. SPREAD onto bottom of 9-inch pie plate. TOP with layers of remaining ingredients; cover. Refrigerate several hours or until well chilled. Serve with tortilla chips.

¡Saludos desde Viña del Mar, Chile!

By Elizabeth Luce

When I was asked a few weeks ago to write a piece over my ongoing study abroad experience in Chile, my immense excitement was mixed with a little bit of hesitation because when people ask me about it, I really struggle to offer up an adequate response. I don't know which aspects to talk about. Should I focus on all of the amazing sites that I have seen or more so on the incredible people that I have met? Or would it be more useful to elaborate on the wonderful educational experience this has been for me? But then I can't neglect to mention the absolutely unforgettable places I have had the opportunity to visit nor the intense personal growth that I have undergone. Even if I manage to speak on all of these themes, I would still only be skimming the surface of my Chilean experience because these aspects are but small components making up that which I am already referring to as the experience of my lifetime after just two short months of residency.

When I arrived at the airport in Santiago, Chile the 17th of February, I really did not know what to expect. All I knew was that all of the work I had done to prepare for this moment in my life was about to be put to the test. I didn't necessarily feel ready (so don't worry if you are planning your study abroad and are nervous about that!), but at that point it didn't really matter; it was definitely too late to turn back. I would lie if I said that my first month here was easy, but I can assure you all that it was a lot easier than it could have been, considering that there are so very many new things to get used to. A new language, a new culture, a new family... there's a lot going on at first.

But now that I've started to get used to the change, the situation seems a lot less overwhelming. I find myself thinking more in Spanish and really struggling to get the right words I want in English when I'm speaking my old 'native' tongue. I must say that I would much rather be writing this article in Spanish!

At this particular time, I won't even attempt to try to sum up all that I have been doing here in Chile, because it just takes up entirely too much time (and I really want to be able to enjoy my afternoon here too!), and I don't feel as though I could do it justice right now. However, I would be more than happy to speak at length about my experiences with whoever may be interested. Please feel free to email me with any questions, concerns, comments... ¡cualquiera cosa! My address here is chilechica22@hotmail.com although the Castleton address works just fine, too.

I hope all of you are doing very, very well up in the states. Take care, and I hope to hear from some of you very soon! ¡Besitos a todos!

A Successful Dance Workshop

By Erin Gilligan

ONE, TWO, THREE... FIVE, SIX, SEVEN!!! On Thursday March 4, 2004 the Spanish Club had a Salsa Dancing workshop in the Informal Lounge pf the Campus Center. Over forty people came to learn to dance which made it a huge success! Lorena Amadeo, Teacher's Assistant for the Spanish Department, did all the teaching with the grace and confidence of a professional Latin dancer. Some of the fantastic dance moves we learned were un carro, por arriba, and por abajo. We started out doing the basics, but by the end of the night we were all shaking our hips like we never had before! Special thanks to the people of Alternative Spring Break who all came and learned how to dance! We will be having another **Dancing Workshop** sometime in **APRIL** so keep your eyes open for flyers and be sure to check your email daily!

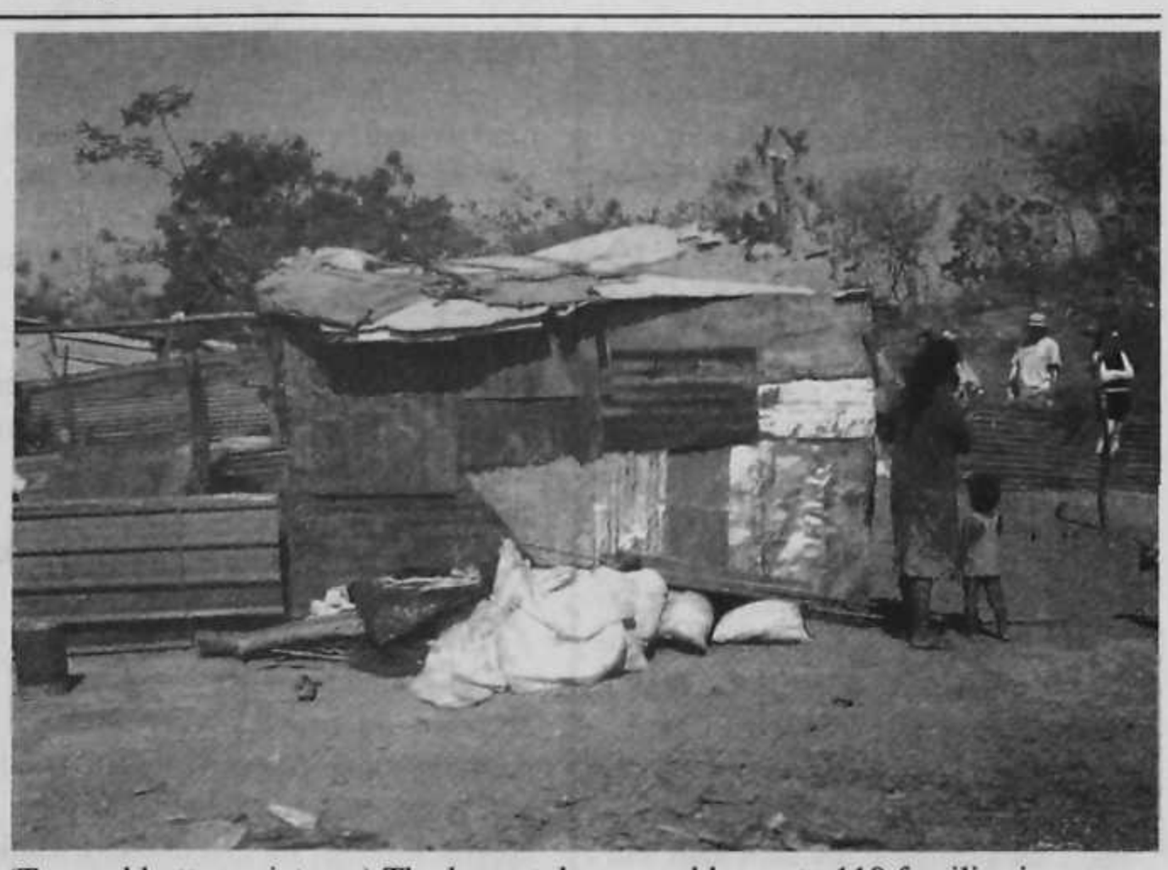
Upcoming Events

On Wednesday, May 5 Spanish Club will be helping out during the SA and Academic Awards as ushers. The theme is Cinco de Mayo; Spanish Club will be wearing their new club sweatshirts!
Come to the Drink for Democracy Event where Spanish Club will provide food later that night at 6 pm!

News

Castleton State College

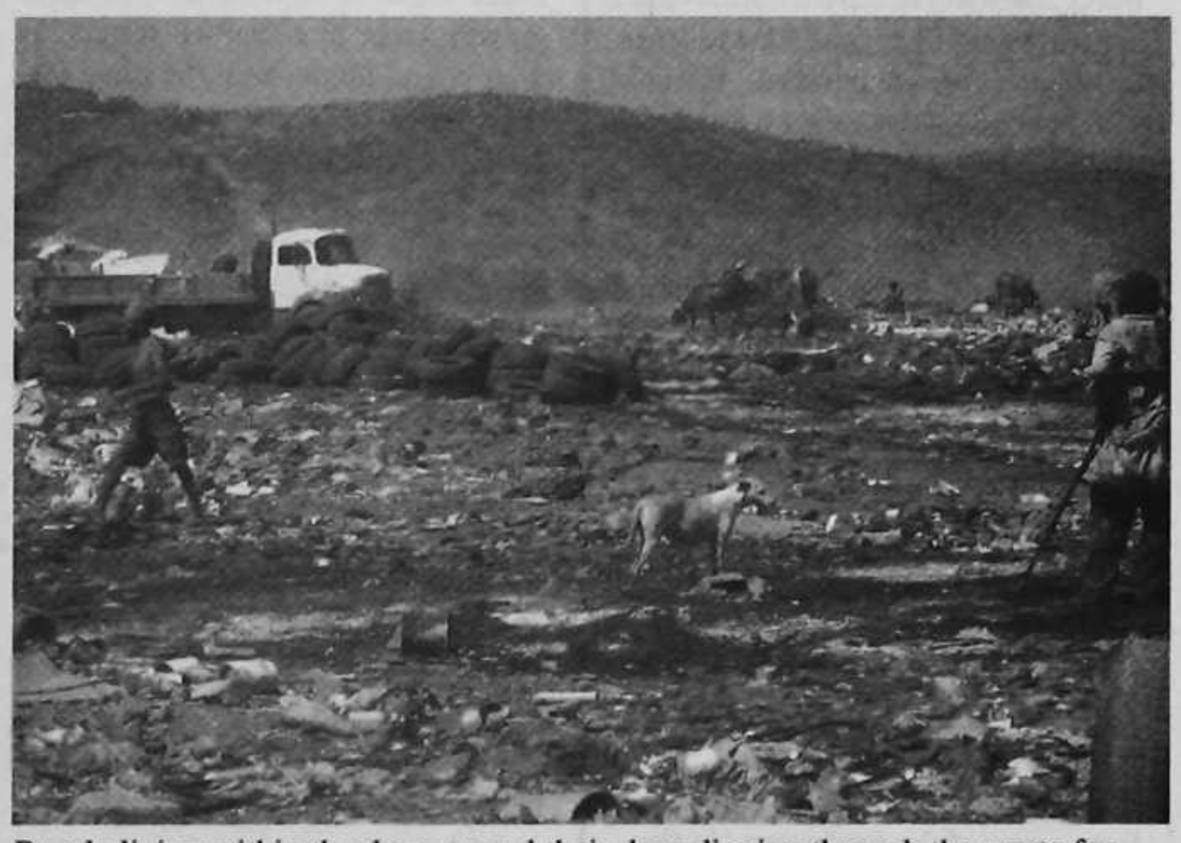
Castleton's Nate Williams and Colin Lafave work with some of the family members from Project Chacocente. They are seen here in Nicaragua in the humid weather digging holes to plant plantation trees.



(Top and bottom pictures) The largest dump, and home to 110 families in Nicaragua's capital.

Photos by Rebecca M. Becker

Kathy Delsavio and Ariel Delaney get down and dirty chucking corn at Project Chacocente during Castleton's Alternative Spring Break trip to Nicaragua.



People living within the dump spend their days digging through the waste for food scrapes to eat or recyclables they can sell.

Bush Policy Targets Prescription Drug Abuse

By Jessica Dewey

The Bush administration announced Monday, March 1, plans for a new strategic policy intended to target prescription drug abuse, the AP reported. The plan is designed to help states initiate methods of monitoring patients' use of prescription drugs, particularly of pain relievers, sedatives and stimulants.

To aid in the monitoring of prescription drug use, programs are being developed to help state officials pinpoint signs of prescription drug abuse, such as patents obtaining prescriptions for the same drug from more than one doctor.

Officials' aim is to decrease illegal prescription drug use by 25 percent in five years. Administrators hope to see a significant reduction in prescription drug abuse within just two years, according to the AP.

The campaign would provide approximately $10 million in federal funding to build upon existing prescription monitoring programs already existent in 20 states. The money would also add similar programs to ten other states, the AP reported on March 1.

Prescription drugs have become the second most widely abused drug type, next to marijuana, according to drug control reports. Prescription drugs can be highly addictive and carry with them severe, even deadly, consequences.

Some people will go to no end to obtain prescription drugs—faking

(Con't.on page 4)

CART JOCKIES
STORY & ART - JESSE DURONA
WOW! LOOK AT ALL THE CUSTOMERS!
MUST BE A SALE ON TOILET PAPER TODAY...
SALE!
KIM! WHAT'S GOING ON HERE?
MATT! THANK GOODNESS! IT'S BEEN A MADHOUSE ALL MORNING!
MATT
THE SHELVES ARE NEARLY EMPTY!
OKAY, RELAX. WHO'S ON SHIFT?
ONE GUESS...
OH NO...
DEEP WITHIN THE BOWELS OF THE OMEGAMART STANDS A LONE SOUL...
A WARRIOR OF TRUTH AND JUSTICE...
ON THIS HOLY GROUND A HERO RESIDES, HIS SOLE PURPOSE TO PRESERVE THE SANCTITY OF THE SHOPPING CENTRAL...
THE ONE, THE ONLY...
STOCKBOY!!
HA HA HA HA HA!!!
TED! QUIT GOOFING AROUND! THE SHELVES NEED TO BE STOCKED!
AND FOR THE LAST TIME, TAKE THAT SMOCK OFF OF YOUR HEAD!
GASP! I MUST MAKE HASTE! THE BOSS HAS SUMMONED ME!
TED
Jesse D. 4/8/04

Dear Editor,

I am very concerned with several of our school's practices. One of these problems that truly aggravates me is how our insurance policy is issued. My first aggravation is those little waiver cards; I know that it really is necessary to ensure that students have insurance while they are college, but it is very irritating to fill out those cards, send them in, and then not receive any information as to whether or not they have been received. It has been four months since they were due and, just now, on my bill, I have received the information that I have the schools insurance. So not only am I paying for insurance that I don't need, for I do have my own plan, but I also didn't even know I had it.

If the school thinks it is so important that we have insurance, perhaps it would be a good idea to let us know when we are covered. It would also be a good idea to get a insurance package that actually covers something. I know people with this insurance coverage who end up paying for nearly all of the medical bills that they incur. In regards to the bill I received for the medical coverage, I for one do not plan on paying it; I have no intention for paying for unwanted, and not known of, coverage. Perhaps if I had received information upon the start of coverage, I would pay, but I don't think the company earned its $900 just by sending me a bill.

Another school policy that I would like to mention is the Soundings program. I have heard from some of the professors "in the know" that the Soundings program may be changed to work with an existing program known as Democracy in America. This would mean that instead of having to attend "cultural" programs, we would have to attend political lectures instead. I protest forcing people to attend political anything, especially in the guise of democracy. One thing that people need to understand is that a part of democracy is the ability to stand out as well, to not attend, sort-of a passive-aggressive protest. Making political lectures mandatory would not make people more aware; it would just make them either annoyed, or depending upon their choice of lecture-going, it could make their views one-sided. If some of the Soundings events to be scheduled were political, that I could understand, but I think making them mandatory is a slap in the face to democracy. Not only that, but the Soundings program, I assume, was designed not only to get us, the students, a taste of culture, but to fund those cultural events at Castleton. This would lead me to believe that by taking on this Democracy in America project we could easily lose our cultural activities at the school.

There are a few other school policies that annoy me, but in interest of space I suppose I should end here. Thank you for your patience.
Sincerely,

Trevor Williams

Thank you all who worked on and suported the Cairn for another great semester. Cairn meetings will resume again in the Fall. If you are interested in a position on the Cairn Staff please e-mail the Cairn at Cairn@castleton.edu.

Rebecca M. Becker

Dear Editor and Readers,

I am writing because I feel outraged with the President Bush's plan to cut overtime pay eligibility. There are many reasons why this bothers me, but I will stick to one point that I feel is most important; overtime cuts kill jobs. The reason overtime was created in the first place was to limit the hours employers had their employees work, creating more jobs. If employers could now have their employees work more hours for the same pay their would be no point to hire more staff and this would probably lead to a decrease in jobs; which in a already not fully stable economy would, needless to say, be a bad thing. This approach seems foolish to me: I would assume that when our economy is in the process of recovery it would be better suited to its healing to promote growth rather than detract from it. I urge you to think about the issue of overtime, and whether you think that restricting its availability is a good idea. If you are within mine and others opinion, that this isn't the best approach to stabilize and promote growth, then please speak out, and mention this to our representatives.

Sincerely,
Trevor Williams

Policy Targets Prescription Drug Abuse

continued from page 3

backaches for prescription painkillers and fabricating stories of panic attacks or insomnia for tranquilizers are commonly seen in physicians' offices. The Bush administration's new plan would work to block several different avenues patients take to obtain prescription drugs, including doctor shopping—switching physicians continually in order to get more of the same drugs. The policy also includes plans to utilize the latest Web-crawler technology to combat illegal prescription drug sales via the Internet.

Even though the abuse rates of certain prescription drugs are high, experts recognize that the drugs must remain accessible to the millions of people who take them for legitimate reasons. The AP reported that Ethan Nadelmann, executive director of the Drug Policy Alliance, said the new drug control policy may have a significant effect on the way pain is treated by doctors. "The principal impact of the campaign when you step up the law enforcement response is that doctors will err on the side of undertreating pain," Nadelmann said.

Ragamala Brings Indian Dancing To Castleton

By Mike Trzciensky

On Thursday, April 8 Ragamala Music and Dance Theater performed Temple to Theater, a selection from their diverse repertoire. The company's work is based on the ancient classical dance style of southern India, Bharatanatyam.

The performance featured a mix of dancing, poetry, and drumming. The first half of the performance focused strictly on dancing, while the second featured poetry and drumming. The group featured five dancers, as well as a drummer. The group is a national touring ensemble that received Creativity Grants from the National Endowment for the Arts in 2002 and 2003, as well as a 2002 Presentation Grant from the National Performance Network.

Movie Review

The Passion of Christ

By Amy Cook

"Passion of the Christ" is a brutal and graphic depiction of the torturous death of Jesus of Nazareth. The film is still in theaters, causing plenty of controversy, and making writer/director Mel Gibson proud of his work. "I want to shock people," Gibson once said. This is exactly was Gibson is doing.

There have been many mixed reviews and all types of arguments about the quality of Gibson's film. Some love it. They feel that "Passion of the Christ" is an art and hit their emotions hard. They are on the edge of their seats, hoping for a moment of easy; however, that only comes during brief flashbacks of Christ's life. The flashbacks convey images of Jesus' teachings and his relationship with his mother, Mary. Many feel this is a powerful and genuine film and should be viewed by all.

Then there are many other viewers who are either unimpressed or disturbed by Gibson's film. Many people in Jewish communities around the world are horrified by the cruelty of the Jews demonstrated in this film. Others feel that "Passion of the Christ" is simply graphic, drawn-out, and lacking story plot.

Although he received may mixed reviews, Gibson does what he set out to do. He draws in the audience, stirs up emotions and leaves you thing about "Passion of the Christ" long after you leave the theater. If you plan on taking the journey yourself, be prepared for some subtitles. However, the subtitles are easy to follow and only used during brief dialogues spread throughout the film.

Mel Gibson set out the show the world his beliefs and his views. He made a graphic, historically based (depending on your beliefs) and emotional film. If any of these ideas intrigues, invest in a a ticket to "Passion of the Christ" as soon as possible.

Tickets for the Following Performances are Now Available in the Box Office (just inside the Fine Arts Center)

Orchid Ensemble
Tuesday, April 27 @ 7 p.m. Fine Arts Center
East meets west as the Orchid Ensemble blends musical traditions and instruments from China, Europe and beyond, creating an innovative and distinct new sound. The members of the ensemble bring a variety of musical styles to their performances, ranging from traditional and contemporary pieces of the many regions of China, to New Music, World Music and Jazz.
Tickets: general public $5, 12 & under/College Community (1) free, Soundings (1) free
www.orchidensemble.com/

The Mamadou Diabate Ensemble
Tuesday, May 4 @ 7 p.m. Fine Arts Center
Led by Mamadou Diabate, these Jeli musicians preserve the traditional music of Mali as well as create and innovate within its structure. This quartet
creates both an exhilarating and ethereal performance, sharing the spice and pride of West Africa with the audience.
Tickets: General public $5, 12 & under, and College Community (1) free
Soundings (1) free

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Presidential Race Heating Up

(Continued from pages 1 and 3)

-lege age group." The person intending to vote for President Bush says the reason he/she plans to vote for him is that "Republicans continually increase my military pay."

However, only three of the eighteen respondents feel President Bush will win the Presidential Election. Five believe Senator Kerry will win, and rest are not sure. Some respondents feel that Bush will be reelected because "a lot of people feel he needs to finish was he started" and that he will win again "due to the money behind him." One respondent even brought up the 2000 presidential election fiasco, noting that "I hope since he technically didn't win the first time, we'll get him out."

Residential Hall Construction

con't. from page 1

responsibility. Public Safety only enforces parking regulations established by the college, but it has no say in how to fix the parking situation.

Fuller stated, however, that Dean of Students Gregory Stone has come up with a plan to look at the parking spots available in the fall (after a new parking lot is created for the new residence hall) and letting the Student Association decide where residents and commuters park.